

Coping with Change - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Coping with Change - Ashby Hub - Friday Afternoon - Tailored Learning	13/11/2026	11/12/2026	Ashby Community Hub	0.00
Coping with Change - Ashby Hub - Thursday Afternoon - Tailored Learning	07/01/2027	04/02/2027	Ashby Community Hub	0.00

Course Description

Coping with Change

Build your inner strength and bounce back from life's challenges. This 5-week course is designed to help you understand what resilience is, why it matters, and how to develop practical strategies to adapt to change, improve your coping strategies and grow through life's ups and downs. Whether you're looking to improve your wellbeing, manage personal setbacks, or gain confidence for work or learning, this course will equip you with tools to face challenges with greater confidence and calm.

This course will support you to strengthen your employability and transferable skills such as communication, problem-solving, and self-management to help you feel more prepared for your next steps in learning or work.

Content and Overview:

- To develop an understanding of what resilience is and why it is important in managing life's challenges and changes.
- To explore emotional and behavioural responses to stress and change, and identify personal strengths and areas for growth.
- To introduce practical strategies and tools that support emotional wellbeing, problem-solving, and positive thinking.
- To build confidence in applying resilience skills in everyday situations, enabling learners to adapt, recover, and thrive.

Induction day followed by:

Week 1: Understanding resilience

Week 2: Understanding stress and change

Week 3: Building emotional awareness

Week 4: Strategies to build resilience

Week 5: Moving forward with confidence

Suitable for:

For anyone who may be struggling with life, work or personal changes and need some extra support with bouncing back.

Delivery Method:

This course is delivered through a combination of self-paced learning and live sessions.

This course will be delivered face to face at Ashby Community Hub over 5 sessions. Please bring a pen to all classes.

Entry requirements:

Before starting a course, you will be asked questions to determine your eligibility.

You must be aged 19+ on 31 August 2026 and be a UK resident to join this course & be eligible for funding.

Progression route:

You can progress onto one further personal development course. You may also wish to take next steps into:

Studying English

Studying Maths

Studying Digital Skills

Studying industry specific employability courses

During your course, you will be provided with information, advice and guidance about the appropriate next steps for you. We have a dedicated Careers and Employability Coordinator who can support you to plan for these, as well as discussions with your tutor.

Disclaimer:

You must be 19+ on 31 August 2026 and ordinarily resident in England for the last 3 years. You must also be resident in the Greater Lincolnshire County Council Area (GLCCA) on the first day of learning.

When applying for this course, you must provide evidence to confirm eligibility for funding, this includes proof of ID and proof of address. In addition, we will also require evidence if your income and or benefits, if £26,800 gross or below.

If you have not attached the evidence to your application, please provide using one of the following methods:

- In person - please bring to the Business Admin office (F09) at Ashby Community Hub
- Email - the evidence to nlac.enquiries@northlincs.gov.uk

The business admin team will contact you if any other eligibility requirements are required, based on your individual application. Please note applying for a course does not mean you are automatically offered a place on the course.

If you need further assistance or have any questions, please contact our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>