

WHO & WHY ?



For anyone who want to create a wellbeing strategy and effective practice, now and for the sustainable future.

Wellbeing

Outcomes

- ✓ Clear awareness of what is meant by 'wellbeing'
- ✓ Understand how to approach your own, unique wellbeing journey.
- ✓ Ideas, actions and choices to take away
- ✓ Confidence in building and sustaining a wellbeing strategy and practice

Content

- Definition & why understanding this matters
- Wellbeing levels: 6 key factors and influences
- Ideas & strategies... it's all about choice and possibility.
- Self assessment
- Action planning

Learning Approaches

-  core learning input
-  quiz round / polling
-  research-based learning
-  self-assessment questionnaire
-  open discussion
-  paired activities
-  reflection & consolidation

 on site or  online

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The best
course I've
ever been on!

- Teacher,
Bolton College

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