

WHO WHY?

Wellbeing



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

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
- 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

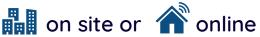


paired activities



reflection & consolidation





The best course l've ever been on!

> - Teacher, **Bolton College**



