



# Mindfulness

NB. This picture is for illustration purposes only

## What is this course about?

This course will teach you to look at what makes you feel stressed and learn some simple techniques and coping strategies to help you deal with stressful situations. You will learn how to boost your happiness and well-being, find new sources of resilience, joy, and calm in your life, and to cope with stress, anxiety, fear, and depression.

## Topics include:

- Explore the basic techniques and strategies used in mindfulness
- Learn basic meditation and mindfulness routines
- Apply mindfulness techniques and principles to a variety of contexts within everyday life and for stress reduction
- Understand how to live a mindful life using specific techniques

## What previous experience will I need?

No previous experience is required.

## How will I learn?

Through discussion and support provided by your tutor. There will be practical exercises and examples to help you learn the techniques. To enhance your learning we will provide you with an individual learning plan to enable you to record your progress and achievement. This will be yours to keep and will act as your own personal reminder between classes as well as once your course has finished.

## What materials will I need?\*

A notebook and pen may be useful.

*\*Advice will be given in your first session regarding any additional materials you may need.*

**Please see page 2**



[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)



Funded by



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**Course costs**

For further information regarding fees, concessions and refunds, please see our website

[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)

Alternatively, contact your local area office for further advice.

**Payment methods**

We can accept payments by **cash, cheque** (made payable to Warwickshire County Council) **and as of September 2018 we are able to accept card payments**. In order to claim any fee concessions, please bring in proof of eligibility when enrolling.

**Attendance**

In order to get the most out of your course you will need to attend every week. If you know you are going to miss several sessions e.g. because of holiday, please talk to a member of staff before enrolling.

**Do you have an additional support need?**

There are many ways in which you can receive help with your learning.

If you feel you may need additional assistance please contact us before enrolling to discuss your requirements.

**For further information please contact:**

**01926 738978 (Leamington Spa) [aclsouth@warwickshire.gov.uk](mailto:aclsouth@warwickshire.gov.uk)**

**02476 353065 (Nuneaton) [aclnorth@warwickshire.gov.uk](mailto:aclnorth@warwickshire.gov.uk)**

**01788 552933 (Rugby) [rugbyacl@warwickshire.gov.uk](mailto:rugbyacl@warwickshire.gov.uk)**

In line with Government and Warwickshire County Council policy, Adult and Community Learning have a responsibility to raise awareness regarding safeguarding, the Prevent Strategy and Fundamental British Values. This information will be provided at your first session.