

WEA Course information sheet 2020-21



Course title: Mindfulness: Finding Peace in a Hectic World (Weds am)		Course ID: C3678815
Start date: 24/02/2021	End date: 24/03/2021	Day(s)/time(s): Wed 09:00
Number of sessions: 5	Hours per session: 1.5	Tutor: Judith Robinson
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £24.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2.</p>		

Course Aim
This course will explore the practice of mindfulness as a tool to support inner peace, relaxation and resilience. We will connect with others, providing mutual support and encouragement and aim to establish a mindfulness practice during the course.

Course Description
It is a reality that we live in a fast paced, hectic world. It is often the case that, despite being forced to 'stop' (if we have the opportunity to stop) we still find it hard to prevent our minds from racing and thinking and worrying. If we don't have the opportunity to 'stop' due to work or family commitments we can find we spend the whole of our lives in automatic 'doing' mode without stopping for breath - and before we know it - another week has passed us by. This course will give you the the opportunity to reflect on 'how' we are living our lives. We will explore how we are programmed to behave as we do (and that there is nothing wrong with us). We will touch on the latest, exciting developments in neuro-science that inform us about the scientific benefits of mindfulness practice and consider how we can embed mindfulness within our own lives. We will connect with others through shared experience and support. We won't take each other too seriously and there will be laughter!

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

1. Identify how mindfulness can be used as a tool to create greater calm, inner peace and resilience in your life and identify the health benefits.
2. Connect with others sharing experiences and offering support through Zoom connections and Canvas
3. Understand the scope of mindfulness and gain direct experience of different tools and techniques to induce a calm, inner state (e.g. meditation, self-hypnosis, sound and more).
4. Identify methods that work for you, and if possible, commit to exploring techniques and developing a practice for the period of the course.
5. Identify resources/suggestions for exploring different mindfulness teachers and methods

What teaching methods will be used and will there be work outside of the class?

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>

What kind of feedback can I expect from the tutor?

- You will be able to keep a record of your progress and achievement using photos, audio, text or documents uploaded into the WEA's digital learning platform, WEA Canvas.
- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions

What else do I need to know? Is there anything I need to bring?

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available

on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for most courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
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