

# WEA Course information sheet

## 2020-21



Adult Learning  
Within Reach

<b>Course title:</b> Empowering Yourself to be More Positive		<b>Course ID:</b> C2344554
<b>Start date:</b> 24/02/2021	<b>End date:</b> 17/03/2021	<b>Day(s)/time(s):</b> Wed 10:15
<b>Number of sessions:</b> 4	<b>Hours per session:</b> 2	<b>Tutor</b> Suky Garcha
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b>		<b>Level:</b> Level 1
<b>Title of qualification to be gained:</b>		
<b>Fee:</b> £25.60 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded)		
<b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Online Learning, Online, ZZ99 9ZZ		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.</p> <p><b>Employability</b> – helping students to get a job or to make progress in their employment</p> <p><b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing</p> <p><b>Community Engagement</b> – encouraging students to be positively involved in their communities</p> <p><b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>                                  2.</p>		

**Course Aim**  
Providing an introduction of various ways of keeping yourself healthy both mentally and physically, through knowledge of exercises and therapies that you can do yourself.

**Course Description**  
We will look at using seated exercise with music, meditation, laughter yoga, alternative therapies and EFT to empower us to feel more positive and live a more fulfilling life. I will explain each area, how it works and its benefits. We will look at these areas as ways of bettering both our mental and physical health as well as empowering us.

**Do I need any particular skills or experience?**

**What will I achieve?**  
**By the end of the course I will be able to:**

1. Implement different ways to stay positive.
2. Understand about alternative therapies and how they work.
3. Understand about laughter yoga and its benefits.
4. Understand how to meditate.

**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>
- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

### **What kind of feedback can I expect from the tutor?**

- 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

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

- Nothing else is needed
- All materials will be provided
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

### **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
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

### **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](mailto:courseenquiries@wea.org.uk)



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Funding Agency



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