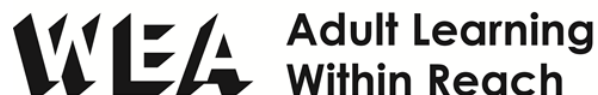


# WEA Course information sheet 2020-21



<b>Course title:</b> Kick Start your Wellbeing – New Year, New You!		<b>Course ID:</b> C2526498
<b>Start date:</b> 26/01/2021	<b>End date:</b> 23/02/2021	<b>Day(s)/time(s):</b> Tue 13:00
<b>Number of sessions:</b> 5	<b>Hours per session:</b> 2	<b>Tutor</b> Sheila Park
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 1
<b>Fee:</b> £32.00 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		
<b>Theme(s):</b> The WEA has four themes it uses for planning its provision. <b>Employability</b> – helping students to get a job or to make progress in their employment <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing <b>Community Engagement</b> – encouraging students to be positively involved in their communities <b>Culture</b> – learning about diverse cultures, identities and environments  The Theme(s) used in planning your course is/ are:  <b>1. Health and Wellbeing</b> <b>2. Community Engagement</b>		

<b>Course Aim</b> This course is for anyone who is willing to look at kick starting their wellbeing and rediscovering themselves again and building on a more positive 2021
<b>Course Description</b> This five week course will start with rediscovering you and helping you to reconnect with yourself again. You will learn ways in which you can begin to rebuild your confidence and self esteem and worth. You will learn the benefits of adopting a healthy positive mindset and how self empowerment can be a tool to improve your outlook and wellbeing. This course is for residents of the North of Tyne Combined Authority - Newcastle, North Tyneside and Northumberland
<b>Do I need any particular skills or experience?</b>
<b>What will I achieve?</b> <b>By the end of the course I will be able to:</b> <ol style="list-style-type: none"><li>1. Able to identify what you want from your future</li><li>2. Have gained some techniques to help with your confidence</li><li>3. Have a good understanding of the need to maintain confidence, self esteem and self worth</li><li>4. Have knowledge of how you can empower yourself</li><li>5. Know how to integrate a positive mental mindset within your life and recognise the benefits</li></ol>

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

- 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
- You will be expected to carry out a range of activities in your own time
- At your own pace you may wish to practice some of things which you have learned in class to enhance your development

**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
- 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?**

- You may wish to bring a notepad and pen to record any notes during your lesson

**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
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- 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
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- You may wish to enrol on another personal development 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](mailto:courseenquiries@wea.org.uk)



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