

## Course Description and Outline

<b>Course Title</b>	Stress Relief through Mindfulness Taster		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A2542 B2479
<b>Duration in Weeks</b>	1 (2 hour taster)		
<b>Brief Description of Course What will the course cover?</b>	On this taster you will learn some simple, adaptable and effective techniques designed to improve wellbeing. You will have a better understanding of stress and how to help manage it.		
<b>Entry Requirements</b>	This course may not be suitable if you are on high depression medication, due to meditation session. If you are receiving treatment for any mental health conditions, please consult your health professional before enrolling on this course		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Recognise some of the effects and causes of stress.		
<b>2</b>	Take part in a 10 minute guided meditation session.		
<b>3</b>	Carry out some basic relaxation techniques that may be of use now and in the future		
<b>4</b>			
<b>5</b>			
<b>Equipment Required What will I need to bring to class?</b>	Drinking water, light cover if wanted. Pen and paper to take notes		
<b>What courses can I go on to?</b>	Yoga, Self Esteem Enhancement, Massage		

### **What examination or assessment will there be and what will it involve?**

There is no formal examination or assessment, but you will be asked to monitor your own progress.

### **How will I know I am making progress?**

You will receive on-going feedback from your tutor. Students are also encouraged to monitor their own progress through use of an Individual Learning Plan. You will also gain more from the course if you commit time to it outside the classroom.

### **Is there anything else I need to know?**

Learners are expected to arrive on time and attend every class. Latecomers may not be admitted to prevent disruption to meditation sessions.

Students are encouraged to comment on the course. The tutor will distribute a learner satisfaction surveys during the course and your views will feed back into the planning, teaching and learning of future courses.

If you are currently receiving treatment for depression or any other mental health condition, please consult your health professional before enrolling for this course. Please discuss with your tutor any concerns on the first session.

### **What if I want extra support? Contact the Learner Support & Advice Team**

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3