



# WELLBEING 4 WORK



## COURSE DESCRIPTION

“Our Wellbeing 4 Work course is perfect for individuals who want to focus on their self development before moving into employment. It’s great for those who want to build self confidence and feel good and positive about their next steps. Individuals on this course will work with staff to identify their own strength areas and celebrate these, whilst also creating an environment that allows candidates to achieve success, form bonds and friendships with like-minded others, and create support networks to enable them to move forward positively on their journey. Each day of the course will see candidates take part in a range of active learning workshops, self-development portfolios, and interactive group discussions.”



### COURSE UNITS/ CONTENT

Introduction to stress and stress management, Develop an awareness of mental health, Personal safety awareness, Introductory awareness of the importance of healthy eating and drinking for adults, Weight management and body image



### COURSE QUALIFICATIONS

NCFE CACHE Level 1 Certificate in Well-Being 601/4182/7 (120hrs)



### COURSE HOURS/ DURATION

**103 HOURS**



### ENTRY REQUIREMENTS

**UNEMPLOYED**



### AGE REQUIREMENTS

**18+ YEARS OLD**



### COURSE FEES

**FULLY FUNDED**

## WHAT CAN I DO NEXT?

Employment, Further Professional Development Support, Work Ready Provision with Employment



For more information email us at : [info@ssgservices.co.uk](mailto:info@ssgservices.co.uk) or call us on : **01234 340782**

[www.ssgservices.co.uk](http://www.ssgservices.co.uk)

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