

Part time, 22/23

Personal Well-Being

Course information (PDF generated at 29/06/2022 02:05:07 am)
www.sgscol.ac.uk/study/employability/personal-wellbeing

Summary

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Our Personal well-being course is for people who are looking at developing their knowledge of personal and social development, including mental and physical well-being, healthy lifestyles, understanding stress, values and beliefs. Also developing an understand of the concept of managing risk. Enabling learners to make positive and informed choices in their lives.

The course aims to increase learner's knowledge of society in which you live and will work, providing you with the knowledge and skills to make balanced and increasingly independent transitions both now and in later life.

You will gain a qualification in Gateway Level 1 Personal Well-being Certificate. Learners in the past have said that this course has hugely impacted on their outlook in terms of well-being in a friendly and warm environment.

How will I learn?

During this course you will gain confidence, knowledge and transferable skills, all of which will help you gain a broader understanding of well-being. Courses are delivered using engaging classroom activities, workbooks and discussion groups.

This course is located at the Greenway Centre in Southmead, Bristol. This can be accessed via Bus using a variety of Bus' including the 2 or 76.

This course is delivered over 5 days and are specifically aimed at those who wish to gain

Enrol online



recognised qualifications and knowledge of Personal Well-being.

Entry Requirements

This course has no entry requirements, however an interest in personal well-being is vital.

Additional Information

DEPARTMENT CONTACT

For more information about this course please email employability@sgscol.ac.uk.

COURSE FEES

Please be aware that some courses have fees that are payable on enrolment. More information on if this course has a fee can be found in the Availability section below.

If you require financial support including payment plans, bursaries and advanced learner loans please visit the [Money Management Service](#) section of the website.

For more information on fees please view our [Fees, Charges and Refunds Policy](#) and our [Applications, Admissions and Enrolment Policy and Procedures](#).

ONLINE ENROLMENT

This course offers simpler and safer online enrolment requests, which means in a matter of minutes you can submit an enrolment request to us. However please be aware that upon submitting your enrolment form you are not guaranteed to be accepted. A number of our courses require assessments, qualification checks or simply a conversation with you before we can confirm your enrolment.

Within 24 hours of enrolment submission you will receive an automated email notification with information on what happens next. Please add onlineservices@sgscol.ac.uk to your safe sender list. Most email providers allow you to do this withing settings/options. For full instructions simply use your chosen search engine to find instructions on how to make emails as safe.