

# Health & Well Being for Men: A Safe Space for Men to Learn About Self-Worth and Self-Care

**On demand**

**Study Mode: Online / Location: Offsite**

This ten-week program offers a confidential space to explore health and emotions, providing a framework for healthy living through exercise, nutrition and mental health care. We emphasise confidence building and self-worth to support all aspects of life.

Upon completion, you'll attain the nationally recognised **Award in Progression Level 1**.

**Online Launch Date Thursday 27 April at 6:00 pm.**

Join us for a live online launch to introduce you to the Google Classroom Experience and show you how to access the materials.

If you are interested in finding out more about this course but not sure if you have the time to commit to the study hours, then why not sign up for the 'bitesize' opportunity to review some of the course content and a range of short topic assessments. You can then decide to enrol on the full course that includes building a small portfolio to demonstrate your new knowledge and skills.

We look forward to welcoming you aboard.

## **ENTRY REQUIREMENTS**

This course is set at an introductory level and general requirements are for you to be working at Level 1 in English language.

## **ASSESSMENT METHOD**

Full engagement per week in home study tasks and successful completion of all course assessments.

English, digital and Maths skills will be assessed through a voluntary online assessment that will benchmark your current skills and indicate areas for development.

## **PROGRESSION OPPORTUNITIES**

We hope that this course will lead you to further study in your chosen field and the coaching session will provide you with information and support to make those steps. You will learn about higher level courses across the college has to offer and the range of job opportunities in specific and related fields.

## **STUDY METHODS**

The course features tutor-led discussions, approximately three hours of online self-study weekly, and built-in assessments. Units covered include: Healthy Living, Mental Health and Wellbeing, Confidence and Self-Esteem.

The course also offers a free coaching session to review progress and career goals, along with an English and Maths assessment tool to gauge your skills.