

Celebrating Resilience: An Empowering Space for Women to Grow

On demand

Study Mode: Online / Location: Offsite

On demand

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This 10-week programme will improve your emotional resilience, health and wellbeing. You'll explore the help and support you provide to your friends, colleagues and family - empowering you to prioritise your own goals.

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

Online Launch Date Monday 10 June 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 the higher level courses the college has to offer and the range of job opportunities in specific and related fields.

STUDY METHODS

The course begins with a tutor-led discussion, followed by around three hours of online self-study and built-in assessments for you to complete each week. 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.