



Department for Education



HYGGE WORKSHOP

COURSE SUMMARY:

Explore how you can become more mindfully aware of your surroundings. How you can improve your hygge and the impact it can have on you, others around you and your surroundings. You will learn how the art of 'doing' can have a positive impact on your personal wellbeing and understand the art of making things simple.

ENTRY REQUIREMENTS:

- Aged 19 or over and are interested in developing your personal wellbeing



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Identify the meaning** of Hygge and elements that you can bring into your hygge
- ✓ **Learn the art of** simple enjoyment
- ✓ **Understand the** art of making things simple
- ✓ **Identify three** ways to make your home hygge
- ✓ **Identify two** feelings around hygge

PROGRESSION FROM THIS COURSE:

This workshop will help you to focus on your own personal wellbeing.

After this workshop your tutor will support you to identify and enrol onto a progression course with Realise Futures or signpost you to other progression routes.



THE GATEWAY TO LEARNING IN YOUR COMMUNITY