



Education & Skills Funding Agency



PERSONAL HEALTH, WELLBEING AND RELATIONSHIPS

COURSE SUMMARY:

This course focuses on personal growth and engagement through a portfolio-based approach. It aims to enhance understanding in key areas of personal and social development, including relationships, teamwork, values and beliefs, and equality and diversity.

ENTRY REQUIREMENTS:

- Aged 19 or over
- You must have completed and passed the Level 1 Award in Personal Wellbeing or Level 1 Award in Mental Health Awareness before joining this course

WHAT WILL YOU DO ON THIS COURSE?

This course will give you the opportunity to recognise your own personal growth and engagement in learning evidenced through completing workbooks, class discussion and taking part in a team building project.

- ✓ **Develop your** own confidence and self-esteem
- ✓ **Build on** team working skills through taking part in class work and a project
- ✓ **Identify your** own beliefs and values and how this can support your goals, progression and self-esteem
- ✓ **Understand decision** making and the risk to yourself and others and how to assess and manage risk
- ✓ **Understand how** body image is portrayed in the media and the impact this may have on our own perception and self-image
- ✓ **Have a** better understanding of Careers Education Information Advice and Guidance (CEIAG) and know where to source these from



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

- Take on an accredited learning course, such as maths, English, digital skills or a vocational pathway.
- Progress into a volunteering role.



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Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY