

## Wellbeing for Work

### Course Overview

This programme is designed to help you build confidence, resilience, and the skills needed to return to employment. It focuses on improving overall wellbeing while developing key personal and professional skills to enhance employability. Through the course, you will create a personalised wellbeing action plan, learn stress management techniques, and develop emotional resilience. You will explore the benefits of confidence, self-esteem, and assertiveness, as well as strategies for maintaining good mental health. Additionally, the programme will help you understand the world of work, develop a positive mindset towards employment, and gain practical knowledge in managing personal finances and overall health. By the end of the course, you will have the tools and confidence to take positive steps towards employment while maintaining your wellbeing.

### What you will learn

During this course, you will develop the skills and confidence needed to support your journey back into employment. You will learn how to create a personalised wellbeing action plan, build emotional resilience, and manage stress effectively. You will explore the importance of confidence, self-esteem, and assertiveness in both personal and professional settings, as well as strategies for maintaining good mental wellbeing. The course will also help you understand the world of work, develop a positive mindset towards employment, and learn practical skills for managing personal finances and overall health. By the end of the course, you will have a stronger sense of self, improved wellbeing, and the tools needed to take positive steps towards employment.

### Entry Requirements

There are no minimum entry requirements for this course, however you must be aged 19+.. This course is designed for anyone looking to understand what wellbeing is and why it is important for a happy and balanced life.

### Course Fees

You will not be required to pay a fee for this course if you are in receipt of one of the following benefits: - Universal Credit JSA or ESA (Employment and Support Allowance Work Related Action Group) - Low income wage - Evidence of benefits will be required on the application. Call us on 0116 262 5921 for more information on fees.

### Course Progression

On completion of this course, your tutor will be able to provide advice and guidance on other programmes including distance learning options. This qualification will support you to gain employment by improving your confidence by gaining new skills and qualifications. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified career advisers who can support you in finding the most suitable career path for you and making the most of your skills and qualifications.

### What Happens Next

Apply online via the College website. You will then be invited to a pre-course information session. For applications via JCP, please let your Work Coach know. Subject to individual eligibility and type of benefit, the vast majority of courses are FREE to people in receipt of an employment-related benefit JSA, Universal Credit or ESA (Employment and Support Allowance).

### Course Details

<b>Course Code</b>	M00032
<b>Start Date</b>	26/10/2026
<b>Study Hours</b>	Part Time
<b>Duration</b>	2 weeks
<b>Campus</b>	City Skills Centre
<b>Level</b>	Other

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