

Course Information Sheet

Wellbeing Christmas Floral Ideas



AE09E13D

Venue 📍 St Budeaux Library	Start Date	3 Dec 2024 18:00
	End Date	10 Dec 2024 20:30
	Fee	Material Fee £10
	Materials	£10

[OCSW AE09E13D Wellbeing Christmas Floral Ideas \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Bloom with festive cheer! This 3-week course explores the power of flowers for wellbeing and teaches you to create beautiful, stress-reducing Christmas arrangements.

Course Description:

The holidays can be magical, but also chaotic. Our Wellbeing Christmas Floral Ideas course offers a calming and creative escape. Learn how to harness the natural beauty of flowers to create stunning arrangements that not only decorate your home but also promote relaxation and well-being. Explore the symbolism of festive flowers, discover flower care techniques, and create centrepieces, wreaths, and other arrangements that capture the spirit of Christmas. This course is perfect for anyone who wants to add a touch of floral magic to their holiday season and experience the calming power of nature.

What will I learn?

- **Week 1: The Wellbeing Benefits of Flowers:** Explore the science behind how flowers impact mood and reduce stress. Learn about the symbolism of popular Christmas flowers and their connection to well-being traditions.
- **Week 2: Floral Design Fundamentals:** Master basic flower arranging techniques like cutting, conditioning, and colour theory. Discover essential tools and materials for creating stunning Christmas arrangements.

- **Week 3: Create Festive Floral Arrangements:** Put your skills into practice! Design and create a variety of Christmas arrangements, including centrepieces, wreaths, and door swags, incorporating festive elements and natural materials.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like flower selection, arrangement creation throughout the course.
- **Summative:** Design, create, and present a final Christmas floral arrangement reflecting your personal style and learnings about the well-being benefits of flowers.

Who is this course for?

This course is designed for anyone interested in floral design and incorporating the power of nature into their well-being routine. It's perfect for individuals who want to learn calming creative skills, explore the symbolism of festive flowers, and create beautiful decorations for the holidays.

Progression Opportunities:

After completing this course, you could explore online resources or workshops on advanced floral design techniques. Consider enrolling in longer courses focusing on specific floral arrangements or explore qualifications in floristry. Look for courses in horticultural therapy to delve deeper into the connection between nature and well-being.

Career or Job Enhancement Pathways:

- **Florist:** This course can spark an interest in pursuing a career in floristry, creating floral arrangements for weddings, events, and other occasions.
- **Horticultural Therapist:** Develop your knowledge of the therapeutic benefits of plants and flowers and explore opportunities in horticultural therapy programs.
- **Seasonal Decorator:** Enhance your skills in creating festive floral arrangements and offer your services for holiday decorating projects.
- **Floral Design Blogger/Content Creator:** Share your passion for flowers and well-being by creating online content showcasing festive floral arrangements.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.