

Course Information Sheet

Heal (Bespoke to Sunflower)



Course Summary: Dive deep into health and wellbeing! Explore a variety of approaches to holistic health in our comprehensive 8-week Heal Project course.

Course Description:

Embark on a transformative journey towards a healthier, happier you in our in-depth 8-week Heal Project course. This comprehensive program delves into various aspects of holistic health, empowering you to take charge of your wellbeing. Explore topics like nutrition, mindfulness, stress management, alternative therapies, and the connection between your mind, body, and spirit. Learn from experienced instructors and guest speakers as you discover practical strategies to improve your physical and mental health. This course is your chance to explore new perspectives, develop healthy habits, and create a personalised path to optimal wellbeing.

What will I learn?

The course is designed for a progressive learning experience over 8 weeks:

- **Weeks 1-2: Foundations of Holistic Health** - Explore the core concepts of holistic health and the mind-body-spirit connection. Learn about the importance of balanced nutrition, sleep hygiene, and exercise.
- **Weeks 3-4: Nourishing Your Body & Mind** - Discover the power of nutrient-rich foods and explore various dietary approaches for optimal health. Learn about mindful eating practices and their impact on wellbeing.
- **Weeks 5-6: Managing Stress & Cultivating Calm** - Develop effective stress management techniques like meditation, yoga, and breathing exercises. Learn strategies for fostering inner peace and resilience.
- **Weeks 7-8: Exploring Alternative Therapies & Personal Wellbeing Plans** - Discover complementary and alternative therapies like acupuncture, massage therapy, and aromatherapy. Develop a personalised action plan to integrate holistic practices into your daily life.

How will I be assessed?

- **Formative assessment:** Active participation in class discussions, journaling on personal health practices, and group presentations on chosen topics will provide ongoing learning opportunities.
- **Summative assessment:** Course completion may involve a reflective essay on your learning journey and the creation of a personalised wellbeing plan outlining your chosen holistic practices.

Who is this course for?

This course is ideal for anyone seeking a deeper understanding of holistic health and practical strategies for improving their wellbeing. It's perfect for individuals interested in alternative therapies, stress management techniques, and creating a healthier lifestyle.

Progression Opportunities:

This course is a springboard for further exploration of holistic health and wellness. Consider enrolling in specialised courses on nutrition, yoga instruction, mindfulness practices, or specific alternative therapies. Explore online resources or workshops on topics like healthy cooking, stress management techniques, or sleep hygiene.

Career or Job Enhancement Pathways:

- Nutritionist/Dietician (with further qualifications)
- Yoga Instructor/Mindfulness Teacher (with further qualifications)
- Wellness Coach/Holistic Health Practitioner (with further qualifications)
- Health & Wellbeing Advocate

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly 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.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

