

Course Information Sheet

Mindfulness for Weight Management



Course Summary: This 4-week course empowers you to manage your weight holistically using mindfulness techniques to make healthy choices and build lasting habits.

Course Description: If you are struggling with weight management and want to develop a balanced approach without relying on fad diets or unsustainable practices, this course is for you. Explore why we make unhealthy food choices, the role hormones and emotions in eating patterns, food myths and how exercise can motivate positive changes. This course will help to develop a holistic approach to managing your health and improve your wellbeing by focusing on using mindfulness techniques to improve eating habits and weight management. You will learn how to set realistic goals for sustainable progress and by the end of the course, you will have gained an understanding of how mindfulness can support your health journey. Enrol on this course and start your positive wellbeing journey and equip yourself with practical tools for making mindful choices and building healthy habits that last.

What will I learn?

- Lesson 1: Understand why you make unhealthy choices and look at the psychological triggers, stress, and convenience factors that influence poor food decisions. Explore how mindful practices can help set realistic goals.
- Lesson 2: Learn how hormones and emotions affect hunger and eating patterns, and how to manage these influences with mindful emotional regulation. Understand how stress leads to hormone imbalances, which can increase cravings for unhealthy food.
- Lesson 3: Explore how regular exercise can boost motivation, support healthy food choices, and enhance weight management efforts. Understand the effects of exercise on your mental health, emotions and physical health and how to incorporate manageable and mindful goals.
- Lesson 4: Understand how to balance nutrition, and explore food myths to support your long term wellbeing. Learn mindful techniques that you can use everyday to help you sustain your health goals.

How will I be assessed?

- **Formative:** Participation in class discussions, journaling exercises reflecting on mindful eating experiences.
- **Summative:** Short quizzes or assignments based on weekly topics, creating a personalised mindful eating plan.

Who is this course for?

This course is ideal for anyone seeking a sustainable and healthy approach to weight management, individuals who are frustrated with restrictive diets and want to develop a mindful relationship with food or people looking to improve their overall health and well-being.

Progression Opportunities:

Consider follow-up courses on healthy recipe development, stress management, or mindfulness in daily life. Explore qualifications in Nutrition and Weight Management (Level 2 or 3) or diplomas in Personal Training.

Career or Job Enhancement Pathways:

- Weight Management Coach: Help others develop healthy habits and achieve weight loss goals.
- Nutritional Therapist: Provide personalised dietary advice for overall health and well-being.
- Mindfulness Instructor: Guide individuals and groups in mindfulness practices for various purposes.
- Wellness Coach: Support individuals in achieving holistic health and well-being goals.

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.oncoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

