



Now more than ever, it is important to be aware of our own 'Personal Wellbeing' and the personal wellbeing of the ones closest to us. This qualification is the perfect opportunity to develop your knowledge and understanding of **Personal Wellbeing**, including

- ✓ Understanding Motivation
- ✓ Understanding Stress
- ✓ Understanding Feelings and Emotions
- ✓ Beliefs and Values (within society)
- ✓ Understanding Risk and Making Decisions

You will work online, with outstanding support from your tutor, to complete the qualification.

Inductions for this course will be taking place from Monday the 6th July with the course starting on Monday 13th July for 2 Weeks