

Course Outline and Details

Course Code	TL7043Y24	Title:	Mindfulness & Meditation
Time and duration		Location	
Start Date:	24 January 2025	Corringham Library	
Start Time: 10:00	End Time: 13:00	St Johns Way	
Start Day:	Friday		
No. of Lessons:	1	Stanford Le Hope	
No. of Weeks:	1	Essex	
Total No. of Hours:	3.00	SS17 7LJ	E: tacc@thurrock.gov.uk

Description

This workshop provides a guide to practical mindfulness and meditation techniques that reduce stress, improve focus, and enhance well-being, with tools for lasting daily use.

Entry Requirements

An interest in improving personal wellbeing.

Learning Outcomes

This 3-hour workshop is designed for beginners looking to explore mindfulness and meditation. Learn simple, practical techniques to calm the mind, reduce stress, and stay present in your daily life.

Who Is This Workshop For?

- * Beginners curious about mindfulness and meditation.
- * Anyone seeking tools to reduce stress and enhance focus.
- * Individuals looking to improve emotional well-being.

What You'll Learn:

- * The basics of mindfulness and meditation.
- * Simple breathing and relaxation techniques.

Resources/Equipment

All resources are provided.

You may wish to bring the following:

- * Pen
- * Note paper

What is expected from me?

To attend every session

Progression

Pathway into learning. Other tailored learning courses or quals. Tutor will inform of all upcoming courses.

Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email TACC@thurrock.gov.uk and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.