

Certificate in Open Wellbeing

Mental health includes **our emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

MENTAL

HEALTH



About Wellbeing:

An introduction to Mind, Body and Physical Wellbeing focusing on the impact of stress, anxiety, and depression.

Exploring different practices to ensure optimal Wellbeing.

By the end of the training you will be able to:

1. To recognise the symptoms and impact of different mental health conditions on an individual.
2. To review and assess different wellbeing interventions (tools, therapies, and practices) through education, discussion, and practice.
3. To develop a Wellbeing plan. Connecting learners to local services, groups, therapies, and activities

Why train with LEAD?

Quality drives all of LEAD's study programmes, with the student at the heart of what we do. We ensure that our training is engaging, supportive and delivered by industry specialists, who have many years of experience helping people to change for the better.

This programme invites students to participate in better wellbeing practices and lifestyles to make more informed life choices.

Delivery Method:

Full time: 5 days with 1-2-1 support (On-line and face to face)

Part time: Flexible depending on your commitment and needs. For example, 2 hour sessions for 4 weeks.

Get in Touch:

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Eligibility Criteria:

- Aged 19+
- Unemployed or Self employed (on Benefits)
- West Midlands based