

Courses for Wellbeing



We offer a range of wellbeing courses designed exclusively for adults, to support personal growth and mental health.

With the support of our expert lecturers, you can explore mindfulness techniques, and stress management strategies. Whether for personal or professional development, these courses provide you with valuable tools for fostering a balanced and healthy lifestyle. You can even complete some of our courses in as little as **one day**.

Apply Today

Courses

Creative Writing for Wellbeing

Creative Arts and Crafts for Wellbeing

Nutrition and Wellbeing

Nature Inspired Creativity for Wellbeing

Our wellbeing courses could help you:

- Gain mental clarity
- Increase self-esteem
- Improve attention span
- Express feelings
- Enhance creativity
- Strengthen memory
- Fulfil your career ambitions

Find out more:

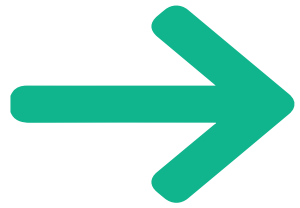
[gloscol.ac.uk/
wellbeing-courses](https://gloscol.ac.uk/wellbeing-courses)
0345 155 2020
info@gloscol.ac.uk



Learning that works.



Job Smart.



Whether you're employed or unemployed, recently been made redundant, looking to change career or up-skill in your current role, we have a wide range of courses that can give you the **skills and confidence** to get the job role you want.

JobSmart courses are delivered across our **college campuses in Gloucestershire** by our **expert tutor team**, with **personalised support** available every step of the way.

A wide range of courses are available from computer skills, telephone confidence, self-employment, employability, MS office and more!

JobSmart courses are **free of charge** to those aged 19 and over in receipt of certain benefits or working and earning less than £25,000 annual gross salary.

Call our dedicated team on **01452 563278** or email **jobsmart@gloscol.ac.uk** to find out how we can help you upskill and **improve your career prospects.**



Gloucestershire College

