

Building Confidence and Developing Mindfulness Techniques

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| Location | Stretford Campus |
| Course Type | Adult |
| Department | Health & Social Care |
| Start Date | Tuesday 20th May 2025 |
| Duration | Full-time, 0 Weeks |
| Time | - |
| Fee | £ 7.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information |
| Course Code | TPQ-CYXZ-1070 |

Course Requirements

Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

Assessment

There will be no formal assessment

Mandatory Units

There are no mandatory units

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.