

Artful Wellness: Cultivating Mindfulness and Self-Care through Creativity

Location	Stretford Campus
Course Type	Adult
Department	Art & Design
Start Date	Wednesday 15th January 2025
Duration	Full-time, 9 Weeks
Time	00:00 - 00:00
Fee	£ 50.00 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-1075

Course Overview

Artful Wellness is an innovative course designed to guide adults on a transformative journey toward enhanced wellbeing by integrating mindfulness practices with creative expression. This course harnesses the power of art as a tool for fostering self-awareness, reducing stress, and promoting holistic wellness.

Course Objectives:

1. **Mindfulness and Self-Exploration:** Develop mindfulness skills to become more present and aware of one's thoughts, emotions, and surroundings, fostering a deeper connection with oneself.
2. **Stress Reduction and Relaxation:** Learn techniques to manage stress, anxiety, and overwhelm through creative expression, allowing for a more peaceful and relaxed state of mind.
3. **Self-Expression and Creativity:** Discover and nurture individual creativity through various art forms, including painting, drawing, writing, and crafting, as a means of self-expression and personal growth.
4. **Emotional Healing and Resilience:** Use art as a therapeutic outlet to process and heal emotional wounds, building resilience and enhancing emotional wellbeing.
5. **Community and Connection:** Foster a supportive and inclusive community within the course, encouraging participants to share experiences, provide feedback, and collaborate creatively.

Course Requirements

There are no formal entry requirements for this course, but you should have a basic understanding of maths and English.??

What You Will Learn

Through a combination of guided mindfulness exercises and various art forms, participants will learn to unlock their creativity, gain a deeper understanding of themselves, and cultivate a more balanced and fulfilling life.

Assessment

There is no formal assessment on this course. You will receive feedback, support, and guidance from your tutor. Your learning will be supported through practical activities, discussions, paired/individual and group tasks and worksheets.

Progression

Trafford College Group offers a wide variety of art courses, such as Watercolours across the seasons, drawing using pencil and charcoal.

Alternatively, other wellness sessions could include Yoga for beginners.

Career Options

Completing a short course in "Artful Wellness" can provide you with a unique set of skills that blend artistic expression and self-care techniques. Here are some potential career options and opportunities you can consider:

Art Therapist: If you have a strong interest in psychology and helping others, you can explore a career as an art therapist. Art therapists use creative activities to help individuals explore their emotions, improve mental well-being, and address psychological issues.

Mindfulness and Meditation Instructor: You can become a mindfulness or meditation instructor, guiding individuals and groups in mindfulness and relaxation techniques, often incorporating creative and artistic practices into your sessions.

Creative Coach or Mentor: Help individuals tap into their creativity and self-care practices by providing coaching or mentoring services. You can work with clients who want to unlock their creative potential and use it for personal growth and well-being.

Wellness Workshop Facilitator: Host workshops and seminars that combine creative expression with mindfulness and self-care. These workshops can be tailored to various audiences, including schools, corporate settings, or community groups.

Freelance Artist or Artisan: Apply your creative skills to generate income as a freelance artist or artisan. You can sell your artwork, crafts, or creative products online or at local markets.

Blogger or Content Creator: Share your knowledge and experiences in artful wellness and self-care through a blog, YouTube channel, or social media. This can also lead to opportunities for partnerships, sponsored content, and sharing your expertise.

Art-Based Entrepreneur: Start a business that combines art and wellness, such as creating and selling wellness journals, mindfulness colouring books, or self-care kits with artistic components.

Art Educator: If you enjoy teaching, you can work as an art educator, teaching individuals or groups about the therapeutic benefits of art and creativity.

Recreational Therapist: Work in healthcare settings as a recreational therapist, using creative and artistic activities to promote healing and well-being for patients.

Self-Care Consultant: Offer your expertise as a self-care consultant, helping individuals and organisations develop personalised self-care routines that include creative and artistic elements.

Community Outreach Coordinator: Collaborate with community organisations to develop artful wellness programs that benefit underserved populations, such as youth, seniors, or individuals facing mental health challenges.

Holistic Health Practitioner: Combine your knowledge of artful wellness with holistic health practices, offering services that address physical, mental, and emotional well-being through a holistic approach.

The combination of art and wellness opens up a range of exciting career opportunities that allow you to help others while also pursuing your passion for creativity and self-care. Keep in mind that additional education, certification, or specific training may be required for some of these career paths, depending on your location and the industry requirements."

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.