

## Self-Care Sanctuary

Location	Stretford Campus
Course Type	Adult
Department	Health & Social Care
Start Date	Tuesday 29th October 2024
Duration	Part-time, 5 Weeks
Time	-
Fee	£ 0.00 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-1093

## Course Overview

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In this Self-Care Sanctuary course, you can expect to learn a variety of practices and techniques aimed at promoting overall well-being and self-care. Through a combination of theory and practical application, participants will acquire valuable tools to enhance their self-help and development journey.

## Course Requirements

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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.

## What You Will Learn

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The Self-Help and Development course offers a thorough exploration of techniques, knowledge, and theories aimed at nurturing personal growth and well-being. The curriculum begins with the practice of journalling, guiding participants in creating a personalised development plan and tracking progress towards their goals. Delving into the identification and overcoming of obstacles to personal growth, the course addresses barriers that may hinder progress. Participants will then learn the Emotional Freedom Technique to effectively cope with stressful situations. Mindfulness and relaxation techniques follow, emphasising stress reduction and emotional well-being through practical exercises. Aromatherapy and mindful breathing techniques are explored to achieve emotional balance and stress relief. The incorporation of the 5 Senses Awareness approach encourages mindful living and heightened awareness. The course also covers sleep hygiene, focusing on developing healthy sleep patterns and strategies for improving sleep quality. A "Being of Two Minds" section concentrates on changing mindsets for positive personal growth and transformation. Additionally, the course is customisable, allowing for the inclusion of additional subjects tailored to individual participant needs and interests."

## Assessment

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There will be no formal assessment. Students will receive helpful feedback throughout the course.

## Progression

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A variety of leisure and community courses are offered for your enrolment, including but not limited to:

Hair and Media Make-up

Health and Social Care

Art and Design

Languages

Childcare and Education

Counselling

Digital Skills

Hospitality and Catering

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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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.