

ONLINE MINDFULNESS COURSE



GIVE YOUR EMPLOYEES THE TOOLS TO DISCOVER MINDFULNESS TECHNIQUES TO IMPROVE THEIR EMOTIONAL WELLBEING.

OVERVIEW

Want to help your employees cope with stress and anxiety? Mindfulness is an effective technique that can give employees the tools to approach daily life and work challenges in a more productive and effective way.

Future Learn's Online Mindfulness Course is a free educational pathway that can benefit anyone wanting to learn some useful techniques to manage stress and improve their emotional wellbeing.

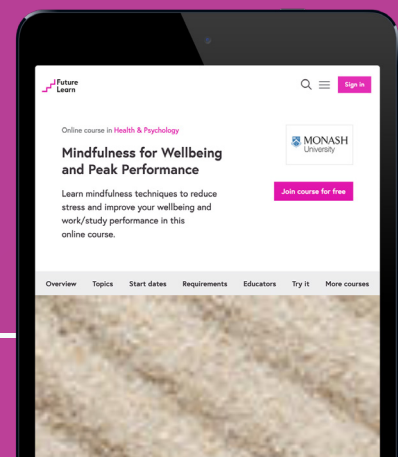
Over 4 weeks, employees will discover various causes of stress, keep a personal mindfulness journal, and experiment with mindfulness techniques that they can then apply to their lives.

KEY FEATURES

- 4 week course, 3 hours a week
- Delivered completely online and can be accessed by any device
- Employees will learn how to identify their causes of stress and develop a range of mindfulness techniques to apply to work, study and life
- Certificate of Achievement available upon completion
- Course developed by Monash University – ranked in the world's top 1% by The Times Higher Education World University Rankings

HOW IT WORKS

- 1 Employees can access full details of the course and register for free via advantage.
- 2 Once they have registered, employees will get sent a Welcome Pack and can embark on their mindfulness journey straight away.
- 3 Courses are run every 6 weeks and employees get free access to the course for 6 weeks.



For more information please visit: peoplevalue.co.uk
Call us: 01865 876696 or email: enquiries@peoplevalue.co.uk