

# Welcome to the WEA

Our courses are FREE if on income related benefits and you will be taught by a tutor who will give you support with your learning

At the WEA, we believe all adults should have access to the opportunities of education, right on their doorstep. With 2,000+ dedicated tutors, 3,000+ active volunteers and supportive members, we spread our impact nationwide.

Together, we believe in access to adult learning for all. And, we believe adult learning counts towards a better, fairer society for all.

## Find out more

For further information about the WEA or courses that we offer:

T. 0300 303 3464  
E. [supportservices@wea.org.uk](mailto:supportservices@wea.org.uk)  
W. [wea.org.uk](http://wea.org.uk)

# There's a WEA course for you

## Employability (Get Ready for Work)

**WEA** Adult Learning  
Within Reach



## Dealing with Low Mood, Stress and Anxiety

Where: Zoom Online

[More info and enrol here](#)

When: 01/09/2020 - 08/09/2020 Tuesday Time: 10:00am - 12:00pm

How long: 2 sessions for 2 hrs per session

Ref: C3745917 Cost: £12.80

Participants will discuss the impact that each has on the body and the effects that living with each of them has. Students will be given a strategy to manage low mood, anxiety and stress in order that they can live their daily lives in a positive and assertive manner.

---

## Confidence Building - Get Ready for Work

Where: Zoom Online

[More info and enrol here](#)

When: 02/09/2020 - 07/10/2020 Wednesday Time: 09:30am - 11:00am

How long: 6 sessions for 1.5 hrs per session

Ref: C3745878. Cost: £28.80

This course is designed to identify skills, qualities and attitudes needed for learning and work. You will explore positive, appropriate behaviour for learning and work and will be guided to identify your personal You will be supported to create goals that are actionable and achievable for your future progress.

---

## Recognise your Potential - Work Skills

Where: Zoom Online

[More info and enrol here](#)

When: 02/09/2020 - 07/10/2020 Wednesday Time 13:30pm - 15:00pm

How long: 6 sessions for 1.5 hrs per session)

Ref: C3745879 Cost: £28.80

This course is designed to help you boost your confidence and realise that your skills and qualities count.

---

## Communication for Health & Wellbeing

Where: Zoom Online

[More info and enrol here](#)

When: 15/09/2020 - 21/10/2020 Tuesday & Wednesday Time: 12:00pm - 14:00pm

How long: 12 sessions for 2 hrs per session)

Ref: C3745939 Cost: £76.80

Do you want to improve your communication skills as well as your health and wellbeing? Then this course is for you! Learn how to live well in a healthy and confident way. Learn how to live well in a healthy and confident way.

---

## British Sign Language to Communication with Friends and Family

Where: Zoom Online

[More info and enrol here](#)

When: 16/09/2020 - 21/10/2020 Wednesday Time: 12:00pm - 13:30pm

How long: 6 sessions for 1.5 hrs per session

Ref: C3745836 Cost: £28.80

This course is designed to support your practicing everyday signs and some finger spelling. For example, greetings, introductions, colours and numbers as well as short, simple conversations. This course will also explore some Deaf Awareness to deepen your understanding of the hearing impaired community.

---

## Coaching for Positive Change

Where: Zoom Online

[More info and enrol here](#)

When: 18/09/2020 - 23/10/2020 Friday Time: 10:00 am – 12:00pm

How long: 6 sessions for 2 hrs per session

Ref: C3745945 Cost: £38.40

Each week participants will learn new mindfulness techniques which will allow them to break off the autopilot and slowly start regaining a position of power in daily decisions. Appreciation, compassion and kindness are key elements of each session.

---

## First Steps 50+

Where: Zoom Online

[More info and enrol here](#)

When: 18/09/2020 - 23/10/2020 Friday Time: 10:00 am – 12:00pm

How long: 6 sessions for 2 hrs per session

Ref: C3745852. Cost: £38.80

The aim of this course is to support you to develop confidence, identity and self-worth. This course looks at broadening your horizons and boosting your self-image as well as developing the skills you already have to return to work.

---

## Resilience - How to Bounce Back and Grow

Where: Zoom Online

[More info and enrol here](#)

When: 30/09/2020 - 09/12/2020 Wednesday Time: 10:00am - 12:00pm

How long: 10 sessions for 2 hrs per session

Ref: C3745601 Cost: £64.00

This course enables you to practice and embed key skills, techniques, and habits that will enable you to meet life challenges and navigate transitions more smoothly. These include strategies to improve wellbeing, to manage difficult feelings, and to engage with others in a positive way.

---

## First steps into employment - Pathways

Where: Zoom Online

[More info and enrol here](#)

When: 15/09/2020 – 15/10/2020 Tuesdays and Thursdays Time: 9:30am

How long: 10 sessions for 2 hrs per session

Ref: C2421727 Cost: £64.00

First steps into employment is a course designed to encourage and motivate people of working age to gain employment perhaps for the first time. Additionally, we can help to re-engage the long term unemployed with activities to aid employment prospects in the future. We will be covering the following main topics: Building self-confidence; Broadening horizons; Self-presentation and Soft skills.

---

**Our courses are FREE if you are certain on income related benefits and you will be taught by a tutor who will give you support with your learning.**