

Health&Wellbeing Prog-Achieving Goals

This course supports learners to identify meaningful personal goals and develop realistic steps to achieve them. Using motivational techniques, planning activities, and guided reflection, learners learn how to stay focused, overcome obstacles, and build positive habits. A confidence?boosting programme that helps learners make progress in life, learning, and wellbeing.



Start Date: 03 December 2026
Start Time: 09:45
Lessons: 2
Weeks: 2
Hours: 4.84

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW