

## The Power of Positivity

**Course Dates:** November 2025 or January 2026 start

**Times:** 10:30am to 12:30pm

**Location:** TBC

This course aims to develop your understanding of using mindfulness techniques, improve your self-esteem and increase feelings of positivity. It also recognises how small differences can make a big difference to your life.

By the end of this course, you will:

- Understand how self-esteem and responses to events can shape experience and situation
- Recognise the importance of mindfulness
- Understand how to improve positive self-talk
- Understand the benefits of using positive affirmation

To register your interest in this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

\*To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and lived in the UK for at least 6 months; be unemployed, or working and earning less than £25,750 a year. For more information about our eligibility criteria please visit our website [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)