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Accessing Your Intuition

Course Code

FOL3D01Y2

Time and duration

Start Date: 11 November 2020

Start Time: 18:00

Lessons: 2

Weeks: 2

Hours: 4.00

Location

Distance Learning Course

ZZ99 9ZZ

Description

What if there was a part of you that you could access at any time to give you wisdom and guidance through life, from the smallest to the biggest decisions, directions and dilemmas? In this exciting two part course, we will explore strategies for building up greater access to your intuition.

What Qualification/level is this course?

This course does not lead to a qualification, is for personal development at beginner level.

Who is this course for?

Anyone who is interested in developing their self-awareness and their skills in trusting, accessing and developing their intuition as a tool and new perspective to enhance their experience of everyday living and personal direction.

What can I expect to learn?

You will learn:

Exploring the nature and benefits of intuition;

Learn techniques on how to access intuition;

Identify common obstacles and solutions to accessing our inner guidance;

Tips and strategies in using intuition for everyday guidance;

Explore ways of maximizing your effectiveness in decision making;

Practical applications of the intuitive approach in daily life.

How will I learn?

Tutor presentation, online group discussion, ideas and feedback on online live 'chat' and feedback, journal, self-reflections and personal research. Sessions will be interactive and equip participants with a range of tools for immediate application in their own lives and with others in their personal or professional life.

How will I know how well I am doing?

You will receive feedback at different points within the online workshop.

Will I need to do any work at home?

Tools and strategies learnt will be ready to apply and practise in your life.

What will I need to provide?

You will need a laptop or PC with webcam and microphone, internet connection, an email address and be able to access websites.

A notepad and pen.

Are there any other costs?

There are no other costs.

What can I do next?

Personal Development – Be The Best You

Starting Thursday 12th November 6-8.30pm for 6 weeks

Healing our Minds and Emotions x 2 weeks Wednesday 9th December 6-8.30pm

For information on ACL courses please see www.aclessex.com

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work. The service offers confidential and impartial advice and is supported by qualified careers advisers. To make an appointment please call 0800 100 900 (calls are free from landlines and most mobile numbers) or visit their website:

<https://nationalcareersservice.direct.gov.uk>

Further information

For all enquiries regarding this course please contact 0345 603 7635.