



Mental, Emotional & Spiritual Wellness

Summary

The value of focused 'meditative' and wellness practices are explored through readings, exercises, research & practical videos including: Mindfulness Meditation; Acceptance & Commitment skills; Loving/ Kindness Meditation; Gratitude & Wellness; Consciousness & Yoga; Qi-gong & Tai-chi; the power of positive affirmations.

Duration

24 hours

(12 contact hours & 12 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Understand the importance & value of the following focused meditative & wellness practices through research, teachings and exercises and videos:
 - Mindfulness Meditation
 - Loving/Kindness Meditation
 - Gratitude and Wellness Practices
 - The Power of positive affirmations
 2. This subject is a compelling, fruitful & fulfilling study in the above practices guaranteed to make lasting beneficial changes when incorporated into ones life on a regular basis.
 3. Explain the science behind these beneficial practices
 4. Learn to apply which practices would suit your client and why.
 5. Learn to successful perform these practices and motivate your client to incorporate practices
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Assessment

This subject is assessed via the following:

- Online Quiz

Refer to Assessment Pack for full details.

Pre-requisites

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

NCC is a Wi Fi friendly site. Students are encouraged to use laptops/notepads etc. with internet access for log in into e-Learning for resources.

Compulsory Textbooks

Nil

Content

- Introduction
 - Gratitude
 - Meditation
 - Positive Affirmations
 - Creative Visualisation
 - Sleep & Physical Activity
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Certificate of Completion

Participants receive a Certificate of Completion

*If you are learning for personal growth you may elect not to participate in the assessment or receive a Certificate of Completion
