Liverpool City Council

Liverpool Adult Learning Service

Online Course Information Sheet

Course title: Mental health for life

Intent **What is the aim of the course?**	To provide learners the opportunity to learn about the contributing factors that influence mental health To gain an understanding of what is meant by the term emotional intelligence and to identify the five domains of emotional intelligence and how they directly influence our mental health.
What other skills do I need?	Because this is an online course EDT will need to test your broadband and your computer's processor/memory to make sure that you can work remotely. You will have to keep you work organised on OneDrive to build up an online portfolio of evidence.
Intent **Course content**	By the end of the course you will be able to: You will explore the five domains of emotional intelligence: • Self-Perception • Self-Expression • Interpersonal • Decision Making • Stress Management You will gain a basic understanding of how they influence our mental health.
Implementation **How will I learn?**	All sessions will include online tutor demonstrations and working through a paper-based workbook; working on individual projects or with others in groups using online shared resources.
How will I know I am progressing?	Each learner will have a Personal learning Plan which he or she will update during each session. In addition to this your tutor will give you regular updates on your progress both verbally and in written feedback.
What can I expect to achieve? **What could this course lead to?**	You will receive a certificate of achievement for completing this course. Completion of this course will equip you with a better understanding of what factors influence good mental health, it will help you develop strategies that can make a positive change to the mental health of yourself or others. It can lead to formal qualification for anyone wanting to work in the field of mental health. For more information on follow-on courses that award formal qualifications ask one of the EDT tutors all of whom are qualified to provide you with information and guidance.
What materials or equipment will I need to provide?	This is a wholly online course you will need internet access, a PC or laptop with MS Office (we can supply a FREE version of MS Office if necessary), and enough computing power to run Zoom video conferencing software.
How do I join?	Please contact EDT via our website http://www.edt.org.uk/contact-us/ or email info@edt.org.uk clearly specifying the course and your full contact details.

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