



Writing for Wellbeing: Mindfulness

About the Course

This course is part of our Creative Writing & Drama learning programme aiming to enable you to unlock your creativity with written words, acting and stagecraft.

The aim of this Writing for Wellbeing: Mindfulness course is to empower you to explore and capture your life experiences through the art of creative writing.

Course Learning Outcomes

- Express creatively and reflectively using spontaneous writing techniques.
- Identify significant events and experiences from your own life suitable for literary exploration.
- Apply various writing techniques and prompts to effectively express personal stories and reflections.

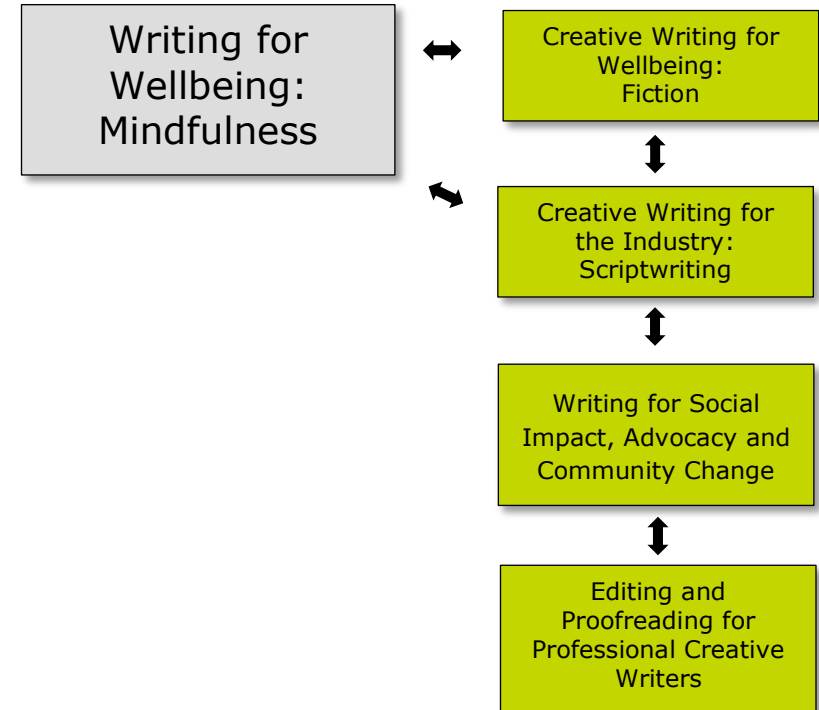
Please note: To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials.

What is needed for the course

- This course is for beginners with some or no previous experience as well as for those who have taken creative writing courses before and are now looking to further improve their writing skills.

If you need any additional support, please call us: 020 8583 6000

Progression Pathway



We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk