

Creative Writing for Wellbeing – Writing for 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.

This creative writing for publication course will give you the skills and confidence to create and develop your own literary works, both factual and fictional.

Course Learning Outcomes

- Express creatively and reflectively using spontaneous writing techniques
- Modify ideas, thoughts and beliefs through critical reflection
- Participate confidently in a workshop process of self and group analysis and critique

Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

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: 02085836000.

Progression Pathway

Creative Writing for
Wellbeing-Writing
for Mindfulness



Creative Writing –
Ways into Creative
Writing



Creative Writing –
Developing Creative
Writing



Creative Writing –
Improving Creative
Writing Skills



NCFE Level 1
Certificate in
Performance Skills

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