

## Floristry for Wellbeing: Autumn Arrangements

### About the Course

Reconnect with nature and nurture your creativity in this calming and mindful floristry course. Floristry For Wellbeing: Autumn Arrangements is designed to promote wellbeing through hands-on, seasonal floral design. Inspired by the rich textures and colours of autumn, each session will guide you through the creation of beautiful arrangements that celebrate the season.

### What you will learn on the course

Basic floristry techniques and tools. How to work with seasonal flowers, foliage, and natural materials. Composition, colour theory, and balance in floral design. The therapeutic benefits of working with nature. Creating sustainable arrangements using eco-friendly methods.

### Course Learning Outcomes

- Demonstrate basic floristry techniques such as conditioning and using essential tools safely and effectively
- Select and work with seasonal flowers, foliage, and natural materials appropriate for autumn arrangements-posy arrangement
- Use floristry as a tool for self-expression, relaxation, and connection with nature-final lesson, make your own arrangement reflecting self-expression

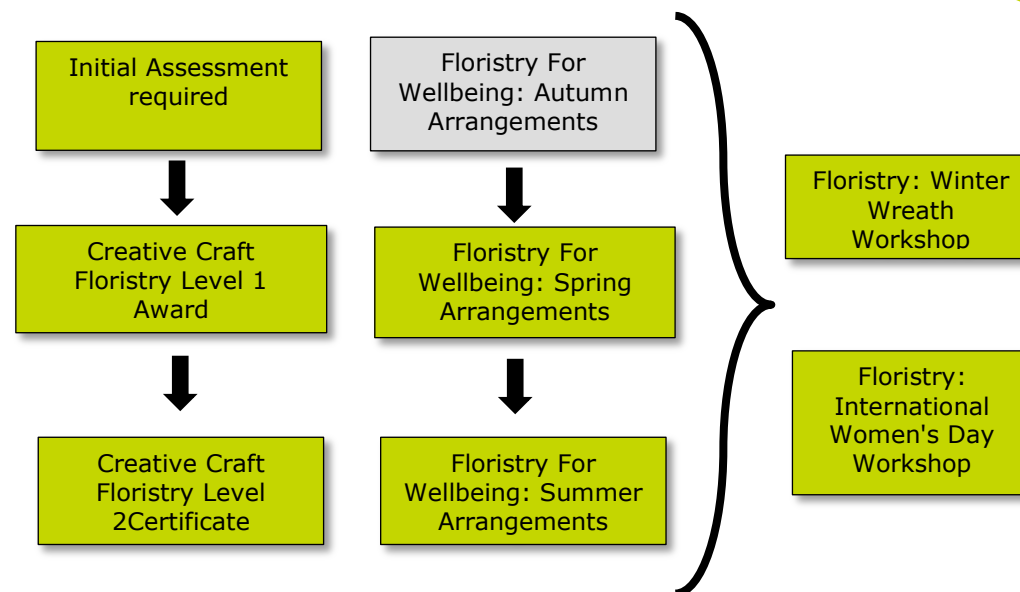
### What is needed for the course

- Please bring a bunch or two of seasonal flowers/foliage to each lesson-the tutor will guide you on what to bring for each lesson
- For the first lesson please bring any bunch of flowers to the class

***If you need any additional support, please call us:***

***02085836000 or email [kim.ryle@hounslow.gov.uk](mailto:kim.ryle@hounslow.gov.uk)***

### 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](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)