

Course Information Sheet

Wellbeing Christmas Gift Ideas



Ditch the stress & give gifts that promote well-being! This course teaches you to create homemade, thoughtful gifts for a stress-free & joyful Christmas.

Course Description:

The holidays are a time for giving, but the pressure to find perfect gifts can be overwhelming. Our Wellbeing Christmas Gift Ideas course offers a solution! Learn to create beautiful, handcrafted gifts that not only show you care, but also promote relaxation and well-being for your loved ones. From bath bombs and scented candles, you'll discover a range of thoughtful gifts anyone would appreciate. This course is perfect for anyone who wants to add a personal touch to their Christmas giving and spread festive cheer in a meaningful way.

What will I learn?

- **Week 1: Explore Wellbeing Gifts for Everyone:** Discover the concept of wellbeing gifts & explore a variety of ideas suitable for different personalities and interests. Learn about natural ingredients & essential oils for crafting bath & body products.
- **Week 2: Create Handmade Relaxation Gifts:** Get hands-on! Craft luxurious bath bombs, body scrubs, and scented candles using natural ingredients.
- **Week 3: Personalise & Package Your Gifts:** Learn creative gift wrapping techniques incorporating natural elements like twine, dried flowers, and essential oils. Develop personalised gift tags and messages to add a heartfelt touch.

How will I be assessed?

- **Formative:** Interactive discussions, group brainstorming sessions, practical exercises creating different wellbeing gifts throughout the course, and peer feedback.

- **Summative:** Develop a personalised plan for creating a selection of wellbeing gifts for Christmas, present your handmade creations, and reflect on the benefits of this alternative approach to gift-giving.

Who is this course for?

This course is designed for anyone who wants to give meaningful and stress-free Christmas gifts. It's perfect for individuals looking for creative outlets, those interested in natural ingredients and aromatherapy, or anyone who wants to add a touch of mindfulness to their holiday season.

Progression Opportunities:

After completing this course, you could explore online resources on DIY crafts and natural bath & body product creation. Consider enrolling in longer courses focusing on specific skills like aromatherapy. Look for workshops on mindful gift wrapping or sustainable gift-giving practices.

Career or Job Enhancement Pathways:

- **Craft Business Owner:** Sell your handmade wellbeing gifts at craft fairs or online marketplaces.
- **Natural Product Consultant:** Offer workshops or consultations on creating natural bath & body products.
- **Mindfulness Coach:** Integrate elements of mindfulness gift-giving into your coaching practice.
- **Sustainable Gift-Wrapping Specialist:** Share your knowledge and techniques for eco-friendly gift wrapping.

How do I enrol?

If you are paying the full fee, the quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onscoursessouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

