



acorn
TRAINING

Build Your Confidence. Develop Your Future.

Wellbeing & Progression Course Bundle

Gain Two Level 1 Qualifications In Just Two Weeks!



Course Length:
8 Days



Mon - Thu
9:30am - 3:00pm



Face-to-Face
Delivery

What will you learn?

Level 1 Award in Wellbeing

Develop the knowledge and skills to support your personal wellbeing, including:

- Building confidence and self-esteem
- Understanding mental and physical wellbeing
- Making positive lifestyle choices
- Developing communication and decision-making skills
- Managing everyday challenges

Level 1 Award in Progression

Prepare for employment, further learning or career development by developing:

- Employability skills
- Goal-setting and action planning
- Communication and teamwork
- Digital and ICT skills
- Confidence for work and learning

Course benefits

- Gain two recognised qualifications
- Improve your confidence and wellbeing
- Develop skills employers value
- Explore progression into work or further learning
- Learn from home through live online sessions

Are you eligible?

This course is **Fully Funded** for individuals who are:

- Aged 19 or over (on or before 31st August 2026)
- Claiming universal credit or earning a maximum of £26,800 Annually (From 1st September 2026)
- Resident in the UK for at least 6 months (with a valid share code, BRP or Refugee status)
- Online Live Delivery - Laptop/Computer required (phones and tablets are not compatible with programmes used)

READY TO TAKE THE NEXT STEP?

Contact Acorn Training today to find out more and enrol today!



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