

## Health&Wellbeing Prog-Achieving Goals

This course supports learners to identify meaningful personal goals and develop realistic steps to achieve them. Using motivational techniques, planning activities, and guided reflection, learners learn how to stay focused, overcome obstacles, and build positive habits. A confidence?boosting programme that helps learners make progress in life, learning, and wellbeing.



Start Date: 03 December 2026  
Start Time: 09:45  
Lessons: 2  
Weeks: 2  
Hours: 4.84

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW