

Adult Learning



Award in The Importance of Resilience and Grit Level 1

**Tuesday 3rd November
2026**

FREE COURSE

**12:30 – 15:30 pm
7 weeks**

The Eden Foyer, Penrith

Led by our fully qualified Health &
Wellbeing tutor

**We can't change most of what
is happening around us, but
we can learn how to be strong
and adapt to these
circumstances. As a group
you will discuss ways to
remain positive and
determined, how to manage
setbacks and stay focused on
results.**

ENROL NOW!

To book a place please visit our website at:

adultlearningcumbria.org

Search under the heading 'Health and Wellbeing, 'Award in The Importance of Resilience and Grit '. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468709606** or email **penrithadultlearning@westmorlandandfurness.gov.uk**



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council