Adult Learning



Award in The Importance of Resilience and Grit Level 1

Thursday 5th November 2026

FREE COURSE

13.00 – 15:30
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

Cumberland Council

Westmorland & Furness Council

Working for **Cumberland Council** and **Westmorland & Furness Council**