

Healthy Living



Learners share a joke about Healthy Living at Exeter A4e Pathways.

Well being

On 3rd February, New Change Training in Exeter ran a taster session called Healthy Living. But this was more of a practical self-help workshop than instruction in physical health. Tutor Jeff Lewis has 25 years experience of teaching personal well being, gained at Plymouth University. He explained how he led this workshop: 'Each person made an individual action plan detailing their aims and objectives. We discussed different ways of achieving well being, of making choices and of living long-term with those choices. We also explored ways of sharing resources and successes and rewarding personal growth. I demonstrated a five-minute relaxation technique to the students.'

Terrific communicator

Learner Mike Willcox found the relaxation technique particularly useful, and said he 'felt comfortable to be open and honest and to discuss sensitive issues' within the group. Colin Donnelly 'really appreciated the size of the group and the trusting and empathetic atmosphere' and described tutor Jeff as 'a terrific communicator, who spoke with us, not to us.'