



- From your initial enrolment through to your graduation, the Recovery College is here to support you through your student journey
- There is a wide range of learning opportunities available for students
- The Wheel Of Life is a tool used in coaching practice that can help you consider your individual learning goals and help you map out your steps to achieve your hopes for the future
- We have introduced this tool into the Recovery College Prospectus to guide you through your individual student journey. Each section has been updated and courses are displayed under the heading that best reflects their core.

Student Enrolment	Meet one to one with a member of the College team, who will guide you through your individual learning plan and support you in defining your goals and choosing the right courses for you.
Exploring Self Care	These courses focus on self-compassion, self-belief and self-management. They will ultimately encourage you to explore your relationship with yourself and in doing so will give you the tools, skills and strategies to achieve your goals and shape your future.
Body Mind & Spirit	These courses will open your heart, mind and body to the possibilities of the future. They will help you find meaning and purpose in your experience and will inspire you to embark on your unique journey of self-discovery. Whether it's exploring spirituality, challenging negative thinking, meditation or physical and social activities, something will catch your curiosity!
My Recovery My Discovery	These courses are designed to encourage and accelerate your quest for self-discovery and self-actualization. Although these courses are personal in essence, they cover a broad range of topics and experiences. They exhibit a fullness in colour and flavour and will surely appeal to one if not all your senses!
Embracing Creativity	These courses embrace your creative spirit and will encourage you to explore your truth through the medium of the arts. They will offer you the opportunity to re-discover your values, set goals and achieve a life balance. They will help you to learn and practice different creative styles and find the ones that work for you.
Preparing for your next steps	These courses are designed to help you prepare for your next steps. Whether its volunteering, considering work or building life skills, these courses will help you to unlock your potential and enlighten your future.
Student Union	You said it - we did it! The student union has evolved from your feedback for more activities and opportunities to get involved. There are a range of different social activities for past and present students that will offer you the opportunity to connect with others and try new things in your local community.
Graduation	Every year the Recovery College has a graduation ceremony. At this ceremony, we will reflect on your time at the College, celebrate your achievements and explore opportunities for the future.