

## Amazing Opportunities – Nursing, Food and Mindfulness

<https://www.futurelearn.com/>

### Care Home Nursing: Changing Perceptions

Challenge your opinion of what it's like to be a care home nurse and understand their importance and varied responsibilities.

<https://www.futurelearn.com/courses/nursing-care-homes>

### Introduction to Nutrition and Food Safety

Learn the basics of nutrition and understand what foods can harm us.

<https://www.futurelearn.com/courses/nutrition-food-safety>

### Mindfulness for Wellbeing and Peak Performance

Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course.

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

Remember, this shows that you are motivated, committed and proactive with your learning and can organise your time productively and are proactive

