Health & Wellbeing Conference:

Joanne Smith: Senior lecturer at the University of Bolton since 2004, based within health and community studies. I am also a PhD student looking at issues around Work-Life Balance (WLB) for women learners undertaking the foundation degree in Early Years. The research has been based on a mixed methodology which forms a case study, with the thesis written around a thematic review.

This presentation will aim to provide a brief overview of the research and some of the issues which face women learners on programmes of this kind. With consideration of WLB issues which are derived from combining study, work and the family. Positive motivational factors will be examined and ways in which this contributes to improvement in wellbeing, which include individual self-development and cultural capital. There will also be examination of the tensions experienced and how they can create stress and anxiety. Finally, there will be an outline of some of the strategies utilised to cope with the various challenges