



Statement of participation

Muhammad Farid Wajdi Makkulau

has completed the free course including any mandatory tests for:

Midlife MOT: wealth, work and wellbeing

This free 6-hour course focused on personal finances, work, health and wellbeing.

Issue date: 29 September 2025



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/midlife-mot-wealth-work-and-wellbeing/content-section-overview>

COURSE CODE: MOT_1

Midlife MOT: wealth, work and wellbeing

<https://www.open.edu/openlearn/midlife-mot-wealth-work-and-wellbeing/content-section-overview>

Course summary

The course explores key aspects of personal life. There is a wealth check-up which reviews your finances, establishes what's working perfectly and what needs attention. There are also work and wellbeing check-ups. They'll help to review your general health and fitness, and your working life, to make sure they're on track too.

Learning outcomes

By completing this course, the learner should be able to:

- review your finances, understand how to improve your current position and know what retirement income you'll need
- look at your work life and create a plan for any changes you might want to make for the future
- assess your personal wellbeing and understand any issues that may need to be addressed.

Completed study

The learner has completed the following:

Session 1

Introduction and guidance

Session 1: wealth: where you're at right now

Session 2

Session 2: wealth: where are you going next?

Session 3

Session 3: wealth: where you'd like to end up

Session 4

Session 4: your work: present and future

Session 5

Session 5: the wellbeing audit