

## **Counselling & Mental Health Service Workshop Programme for 2016-17**

We run a wide range of one-off workshops on topics useful to all students.  
All workshops run from 10-11.30am.

To reserve your place on the workshop of your choice go to Firstpoint or book online via the university 'Workshops' webpage: [www.worcester.ac.uk/workshops](http://www.worcester.ac.uk/workshops). Places are limited so please cancel your booking if you change your mind about attending so that another student can have your place.

### **Procrastination Workshop**

Find out how you put things off (assignments, exam preparation, presentations etc.) and what you can do constructively to support yourself more effectively.

- Wed 12<sup>th</sup> Oct 2016; BB 074
- Wed 8<sup>th</sup> Feb 2017; HB 1001

### **Perfectionism Workshop**

Find out how perfectionism can actually prevent you from achieving your best, and what you can do constructively to support yourself more effectively.

- Wed 19<sup>th</sup> Oct 2016; BB 074
- Wed 15<sup>th</sup> Feb 2017; CC 007

### **Stress and Relaxation Workshop**

Stress is one of the key obstacles to academic and professional success and achievement. Its causes are different for everyone but in this workshop you can learn to identify key your 'stressors' and develop some essential relaxation skills.

- Wed 9<sup>th</sup> Nov 2016; EE G020
- Wed 8<sup>th</sup> March 2017; BB 074

### **Exam and Assessment Anxiety Workshop**

A workshop open to all students experiencing anxiety as they approach their exams/assessment deadlines. This will help you develop essential strategies for managing anxiety which may get in the way of performing at your best.

- Wed 30<sup>th</sup> Nov 2016; CC 008
- Wed 11<sup>th</sup> Jan 2017; CC 007
- Wed 26<sup>th</sup> April 2017; HB 1001
- Wed 21<sup>st</sup> June 2017; EE G024

### **Life after Uni**

An opportunity to meet in a small group with a trained Counsellor and discuss some of the challenges as you prepare to leave University. These could include anxiety about the future, as well as doubts about what you have achieved, and adjusting to life outside the university.

- Wed 5<sup>th</sup> April 2017; CC 007

### **Mindfulness Meditation**

Learn how to de-stress, calm down and sharpen your concentration using this powerful approach to meditation. There are introductory courses throughout the year; no previous experience is necessary.

- Next Introductory course starts on Tuesday 4<sup>th</sup> October 2016 - just drop-in or look on Blackboard for future course dates.
- Each session is Tuesdays 12.30-1pm; BB 179