

Wellbeing Workshops & Courses - Summer 2013

Workshops & Courses	Open to	Dates	Time/Location
Mindfulness Meditation	Staff & Students	Thursday drop-in sessions throughout the summer	1 pm – 2 pm Wellbeing Room 1
Managing Stress	Staff & Students	4 week course starting: Tuesday 11 th June	1 pm – 2 pm Wellbeing Room 1
Calming Your Busy Brain	Staff & Students	Friday drop-in sessions for 4 weeks starting: Friday June 14 th	1 pm – 2 pm Wellbeing Room 1
Is happiness possible? 5 steps to mental wellbeing	Staff & Students	Tuesday 11 th June	1 pm – 2 pm Wellbeing Room 1
Actively Managing your Mood	Staff only	4 week course starting: Monday 10 th June	1 pm – 2 pm Wellbeing Room 1
Managing Procrastination	Staff only	Tuesday 18 th June	1 pm – 2.30 pm 6.206 University Place
Getting a Good Night's Sleep	Staff & Students	Wednesday 3 rd July	1 pm – 2.30 pm Wellbeing Room 1
Panic & Anxiety Clinics	Staff only (counsellor referral only)	Wednesday 19 th June	1 pm – 2.30 pm Group Room, Counselling Service, 5 th Floor, Crawford House
You and your boss	Staff only	Friday 21 st June	1 pm – 2.30 pm Group Room, Counselling Service, 5 th Floor, Crawford House
Introduction to Assertiveness	Staff only	Friday 14 th June	1 pm – 3 pm 6.208 University Place
Staying Connected and Fighting Isolation	Staff only	Friday 21 st June	1 pm – 2.30 pm 3.205 University Place
Making New Choices	Staff only	Friday 28 th June	1 pm – 2.30 pm 5.207 University Place

To book places please complete the workshop registration form on our website:

www.manchester.ac.uk/counselling/courses

2013 Version 1

Please note venues may change from those advertised. Workshop details will be confirmed when a place is booked.