

Workshop programme for staff and students

April – September 2020

Includes term-time and summer programme

Information via <http://www.counsellingservice.manchester.ac.uk/workshops/>

Date and time	Workshop	Available for
28.04.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
30.04.20 1.00-2pm	Busting Low Mood: one step at a time	UG and PG
04.05.20 1.00-2pm	Reducing the stress of Perfectionism	UG, PG and Staff
05.05.20 12-1.00pm	Managing Anxiety	UG and PG
05.05.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
11.05.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
12.05.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
14.05.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
14.05.20 1.00-2pm	Busting Low Mood: one step at a time	UG and PG
18.05.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
18.05.20 1.00-2pm	Reducing the stress of Perfectionism	UG, PG and Staff
19.05.20 12-1.00pm	Managing Anxiety	UG and PG
19.05.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
20.05.20 2-3pm	Coping With the Covid-19 Challenge	UG, PG and Staff
21.05.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
22.05.20 12-1pm	Managing Acute and Ongoing Stress	UG, PG and Staff
26.05.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
28.05.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
28.05.20 1.00-2pm	Busting Low Mood: one step at a time	UG and PG
01.06.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff
01.06.20 2-3pm	Coping With the Covid-19 Challenge	UG, PG and Staff
02.06.20 12-1.00pm	Managing Anxiety	UG and PG
02.06.20 4.15 to 5pm	Mindfulness for Concentration	UG, PG and Staff
03.06.20 12-1pm	Managing Acute and Ongoing Stress	UG, PG and Staff
04.06.20 9.30 to 10am	Calm Your Brain	UG, PG and Staff

11.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
15.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
15.06.20 1-2pm	Overcoming Low Mood	Staff
17.06.20 1-2pm	Challenging Unhelpful Thinking Habits	Staff
18.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
22.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
25.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
29.06.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
29.06.20 1-2pm	Developing Resilience in Challenging Times	UG and PG
02.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
06.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
07.07.20 1-2pm	Developing Skills in Assertiveness	Staff
09.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
13.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
16.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
17.07.20 1-2pm	Managing PhD Stress	PG
20.07.20 9.30 – 10am	Calm Your Brain	UG, PG and Staff
21.07.20 1-2pm	Managing Anxiety	Staff
22.07.20 1-2pm	Mindfulness Meditation	UG, PG and Staff
29.07.20 1-2pm	Mindfulness Meditation	UG, PG and Staff
05.08.20 1-2pm	Mindfulness Meditation	UG, PG and Staff
12.08.20 1-2pm	Mindfulness Meditation	UG, PG and Staff
17.08.20 1-2pm	Approaching Reassessment with Calm and Focus	UG
21.08.20 1-2pm	Thriving in your Post-graduate Studies	PG
25.08.20 1-2pm	Approaching Reassessment with Calm and Focus	UG
02.09.20 1-2pm	Hypnotherapy Skills for Stress	UG, PG and Staff
07.09.20 1-2pm	A Compassionate Approach to Low Mood	Staff

09.09.20 1-2pm	Challenging Unhelpful Thinking Habits	Staff
16.09.20 1-2pm	Managing Anxiety	Staff