

# Summer Workshop programme

for staff and students

**JUNE – SEPTEMBER 2021**

Date and time	Workshop	Available for
Wed 9 June 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Mon 14 June 2021 1 – 2pm	Overcoming Low Mood	Staff
Wed 16 June 2021 1 – 2pm	Challenging Unhelpful Thinking Habits	Staff
Wed 16 June 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Wed 23 June 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Mon 28 June 2021 1 – 2pm	Developing Resilience in Challenging Times	UG and PG
Wed 30 June 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Tues 6 July 2021 1 – 2pm	Developing Skills in Assertiveness	Staff
Wed 7 July 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Wed 14 July 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Tues 20 July 2021 1 – 2.30pm	Managing Anxiety	Staff
Wed 21 July 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Tues 27 July 2021 1 – 2pm	Mindfulness Meditation	UG, PG and Staff
Wed 28 July 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Tues 3 August 2021 1 – 2pm	Mindfulness Meditation	UG, PG and Staff
Wed 4 August 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Mon 16 August 2021 1 – 2pm	Approaching Reassessment with Calm and Focus	UG
Wed 18 August 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Fri 20 August 2021 1 – 2pm	Thriving in your Post-graduate Studies	PG
Mon 23 August 2021 1 – 2pm	Managing PhD Stress	PG
Wed 25 August 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Tues 31 August 2021 1 – 2.30pm	Managing Anxiety	Staff
Wed 1 September 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Mon 6 September 2021 1 – 2pm	A Compassionate Approach to Low Mood	Staff
Wed 8 September 2021 9.30 – 10am	Calm Your Brain	UG, PG and Staff
Thur 9 September 2021 1 – 2pm	Challenging Unhelpful Thinking Habits	Staff
Fri 10 September 2021 1 – 2pm	Managing acute and ongoing stress	UG, PG and Staff

Latest information and booking via [www.counsellingservice.manchester.ac.uk/workshops](http://www.counsellingservice.manchester.ac.uk/workshops)

Please note that all sessions will take place via Zoom and require booking via our workshop registration form on our website.

[www.counsellingservice.manchester.ac.uk](http://www.counsellingservice.manchester.ac.uk)