

Workshop Descriptions Spring 2019

Thursdays 11:30am - 12:30pm Library 216

January 24 Assertiveness Training

Assertion is an honest and appropriate expression of one's feelings, opinions, and needs. It takes self-analysis, and then practice, but the results are worth it.

January 31 Manage Your Stress Before it Manages You!

Are you feeling overwhelmed by stress and other life challenges? Is the stress negatively affecting your ability to succeed at university? Is your level of stress affecting your health and well-being? Attend this workshop to learn strategies for reducing, managing and coping with stress. These strategies will help you to bring more ease, joy and success into your life.

February 7 Intro to Mindfulness

Mindfulness is a mind-body approach to life that helps you to quiet your mind and live in the present moment. A growing body of research shows that mindfulness helps to reduce stress, depression, and anxiety, and increase one's ability to focus and learn. Participants will learn strategies for cultivating mindfulness in their daily lives.

February 14 Motivation

Living How You Mean to Live

You've made a commitment... to live healthy, to work hard, and/or to be a good student/partner. You swear that you are done with bad habits. But somehow it just seems impossible to follow through. In this workshop, you will learn to keep your focus and motivation.

March 7 Three Keys to Relaxation

Being able to relax is important for reducing stress and increasing productivity. In this workshop, you will learn the three keys to relaxation and have the opportunity to participate in some hands on exercises.

March 14 Happiness: Healthy Mindsets Part 1

"Happiness is a direction, not a destination"

Everyone wants to be happy, but it seems easier to avoid pain and suffering than finding what really makes us happy. How do you find happiness? Let the journey begin here.

March 21 Happiness: Healthy Mindsets Part 2

"Happiness is a direction, not a destination"

Expanding on discussion from the first workshop we will continue to explore happiness. Healthy habits will, over time, help us experience the Happiness we desire and guide us to a new way of experiencing the world.

**Counselling office: 604 984 1744
or visit us in Birch Building, BR267**

