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| uc-cmyk  **University Counselling Service**  **Michaelmas Term** **2020**  **ONLINE WORKSHOPS**  If you would like to attend any of the workshops (all held on Zoom) please complete  a Workshop Registration Form online:  <https://www.counselling.cam.ac.uk/studentcouns/studentgroups> | | |
| **Returning from Intermission Workshops - for Undergraduates** | **Date** | **Time** |
| Self-Compassion | Wednesday 14 October | 3.00 – 4.30 pm |
| Time Well Spent | Wednesday 21 October | 3.00 – 4.30 pm |
| Understanding & Managing Anxiety | Wednesday 28 October | 3.00 – 4.30 pm |
| **Workshops for ALL students** | **Date** | **Time** |
| Introduction to Self-Compassion | Monday 26 October  Wednesday 18 November | 11.00 am – 12.30 pm  3.00 – 4.30 pm |
| Understanding & Managing Your Anxiety | Wednesday 4 November  Tuesday 24 November | 1.30 – 3.00 pm  11.00 am – 12.30 pm |
| Time Well Spent | Friday 6 November | 1.30 – 3.00 pm |
| Address Your Stress | Wednesday 11 November | 2.00 – 3.30 pm |
| Imposter Syndrome | Tuesday 17 November | 1.30 – 3.00 pm |
| Understanding & Managing Procrastination | Wednesday 18 November | 11.00 – 12.30 pm |
| Hold the Hope – (a self-care workshop)  (This workshop is run over two sessions) | Tuesday 24 November & Tuesday 1 December | 3.30 – 5.00 pm |
| Perfectionism | Tuesday 24 November | 3.00 – 4.30 pm |
| **Workshops for Postgraduate Students** | **Date** | **Time** |
| Time Well Spent | Tuesday 10 November | 3.30 – 5.00 pm |
| Improving the Relationship with Your Supervisor | Wednesday 25 November | 3.30 – 5.00 pm |