

## 2011 Workshops on Wednesdays: Semester Two

All workshops start at **14.00** and take place at **skills@library, 15 Blenheim Terrace\***.

Unless stated otherwise, they will end at **16.00**

Date	Title	Facilitator	Brief Description
<b>15 Feb</b>	Knowing Me, Knowing You	Julie Hopkins	This workshop uses personality type theory to help you develop greater self-awareness and identify and value similarities and differences so that you can communicate and work with other people more effectively.
<b>22 Feb</b>	Get a Good Night's Sleep	Harry Bell	This workshop is for people wishing to manage sleep problems more effectively. In this practical workshop you will learn techniques for getting more - and more refreshing - sleep and for breaking vicious cycles where insomnia feeds stress, which in turn blocks sleep.
<b>29 Feb</b>	Build Up Your Confidence	Barbara Lawton	Do you feel uneasy in groups, compare yourself unfavourably to others, wish you could be more assertive? This workshop will introduce you to techniques for building up your confidence and communicating more effectively.
<b>7 Mar</b>	Presentation Anxiety	Penny Tharratt	Giving presentations is often a key part of the learning and/or assessment process, yet it can be an extremely nerve-wracking experience for lots of people. This workshop will explore the causes of your anxiety and help you find ways to combat it so giving presentations loses its fear factor.
<b>14 Mar</b>	Exam Survival Kit	Penny Aspinall and Julia Braham (skills@library)	An essential guide to surviving the exam period! Discover how to recognise signs of stress and find ways of effectively managing it. Develop strategies on how to maximise your performance (using techniques such as mind maps), learn how to avoid exam pitfalls and effective time management.
<b>25 Apr</b>	On Hope, Disappointment & Feeling OK	Harry Bell and Liz Oxley	Disappointment (academic or personal) is often seen as a gloomy experience but it can also be an opportunity to learn and grow. There will be space to: <ul style="list-style-type: none"> <li>➤ reflect with other participants about what disappointment means to you</li> <li>➤ examine how disappointment arises</li> <li>➤ explore useful coping strategies</li> </ul>

To book a place, please sign up online at our website [www.leeds.ac.uk/studentcounselling](http://www.leeds.ac.uk/studentcounselling), email [stucouns@adm.leeds.ac.uk](mailto:stucouns@adm.leeds.ac.uk) or call the SCC on 0113 343 4107. the SCC

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