Wellbeing Wednesdays
Lunchtime workshops 2017
1pm - 2pm

No registration or fee required - Just drop in!
Student Counselling Service, 3rd Floor, 7-9 South Leinster St.

Stress Buster: A master class
Date: 8th February

Listen up! Advance your support skills (S2S)
Date: 15th February

Self-Esteem: Manage your inner critic
Date: 22nd February

Procrastination Station: Don't put it off!
Date: 8th March

Relationships: The laws of attraction
Date: 15th March

The Perfectionism Paradox: Striving to excel
Date: 22nd March

Increasing your bounce back ability
Date: 29th March

Boosting Mood: A master class
Date: 5th April

Open to all registered Trinity College & Marino Institute of Education Students