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.

Procrastination: Don’t put it off!
**Date:** 18th October

Self Care and Relaxation
**Date:** 25th October

The Perfectionism Paradox: Striving to excel
**Date:** 1st November

Stress Buster: A master class
**Date:** 15th November

Dealing with difficult people
**Date:** 22nd November

Keeping your cool: Be OK with Anger
**Date:** 29th November

Boosting Mood: A master class
**Date:** 6th December

Assertiveness: Standing up for yourself
**Date:** 13th December

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