WELLBEING WEDNESDAY
Lunchtime Workshops 2018
1pm - 2pm
Open to all Registered Students of Trinity College & Marino Institute of Education

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1. Trinity 101 - Top Tips (S2S)
   Date: 26th September

2. Tips and Tricks for Group Projects (SLD)
   Date: 3rd October

3. Dealing with Difficult People
   Date: 10th October

4. Self-Esteem: Manage your inner critic
   Date: 17th October

5. Being Well Academically: Balancing Health & Study (TCD Disability)
   Date: 24th October

6. Procrastination: Don't put it off
   Date: 31st October

7. Spirit & Soul: A healthy life & faith (TCD Chaplaincy)
   Date: 7th November

8. Balancing the Books: Managing Fatigue in College (TCD Disability)
   Date: 14th November

9. Boosting Mood: A master class
   Date: 21st November

10. The last exam stress workshop before exams! (SLD)
    Date: 28th November

NO REGISTRATION OR FEE - JUST DROP IN!
STUDENT COUNSELLING SERVICE, 3RD FLOOR, 7-9 SOUTH LEINSTER STREET