

Email 4: Being Your Best Champion

Things to include:

- Any useful pieces from the S2S weekly emails.
- Reminder to use the [Traffic Light Reflection](#) to think about what works well for them, and what's not working

Useful services:

- Point to [Student Learning Development](#) for help for 1:1 appointments, workshops and online resources.
- Reminder of the [range of supports available from SCS](#).

Useful resources:

- [Trinity in 12 Weeks](#)
- [Inner Critic](#) – interactive resource to be discussed at next timetabled session
- [Self Compassion](#) – interactive resource to be discussed at next timetabled session