



EMOTIONAL WELLBEING

Techniques to ease Low Mood that hinder
academic success

Two one hour workshops

with

Ruan Kennedy-Senior Counsellor

Week 1: Wednesday 1st April '20

Week 2: Wednesday 8th April '20

- Time:** 1 – 2pm
Location: K208, The 'U' Building, Glasnevin Campus
Admission: Free
Open to: All Students are welcome
Registration: Not Required, just come along for 1pm – session will begin at 1.05pm

We advise where possible to attend both sessions as the second session builds on the first one. A **Certificate of Attendance** will be awarded to those who attend both workshops. This series is part of our **Student Empowerment and Life Skills Programme**.



**The Counselling & Personal
Development Service.**