

Skills for Life learning

THSS
WORKSHOPS



WEEK

TOPIC

2	EMOTIONAL INTELLIGENCE PART 1
4	EMOTIONAL INTELLIGENCE PART 2
6	PROCRASTINATION & TIME MANAGEMENT
10	BUILDING CONFIDENCE PART 1
11	BUILDING CONFIDENCE PART 2
12	STRESS LESS & RELAXATION SESSION

WORKSHOPS in the Members room

BBHM Monday 12.30-1.00

MITHM Wednesday 4.30-5.00