

# STUDENT COUNSELLING SERVICE

## GROUP PROGRAMME 2011

### Weekly meditation class

Facilitator: George Packard

*Meditation is an age-old method that helps people meet life's challenges with ease and clarity. Pop into this class and experience the benefits meditation can bring. A range of meditations will be practised with time for questions and answers. These classes are complete in themselves, and are suitable for both beginners and people who have meditated for some time.*

6 Wednesdays	from – 9 March	12.00am – 1.00pm	Yoga Room, Recreation Centre
6 Wednesdays	from - 13 July	12.00am – 1.00pm	Yoga Room, Recreation Centre
6 Wednesdays	from - 7 September	12.00am – 1.00pm	Yoga Room, Recreation Centre

### Relax and focussed

Facilitator: George Packard

*This course teaches effective techniques to promote clear thinking, clarity of concentration and focus whilst remaining in a state of active relaxation under the pressure of academic life. The techniques taught help people manage intense feelings and promote their confidence in handling themselves and the world.*

6 Wednesdays from – 9 March	10.30 -11.30am	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
6 Wednesdays from - 13 July	1.30 – 2.30 pm	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
6 Wednesdays from - 7 September	10.30 -11.30am	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

### Reduce stress and stop procrastinating

Facilitator: Glenda Weston

*This workshop will help you reduce the stress of assignments and exams and provide you with techniques and resources so that stress doesn't control you at important times in your life. Included will be ways to avoid falling into the trap of leaving things to later, or striving too hard for perfection, making things worse in the long run. The techniques and resources will give you practical ways to get the job done, and keep your stress levels under control. Participants are welcome to join the group up until 6 September, providing places are available.*

4 Mondays	FROM – 14 MARCH	12.30PM – 2.30PM	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
4 Mondays	FROM – 9 MAY	12.30PM – 2.30PM	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
4 Mondays	FROM – 25 JULY	3.00-5.00PM	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
4 Mondays	FROM – 12 SEPT	3.00-5.00PM	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

### Presenting yourself confidently

Facilitator: Glenda Weston

*Are you a little uncomfortable or nervous at the thought of speaking in front of others? Whether they be social situations, tutorials, or assessment presentations, we are sometimes fearful of speaking up. This group will discuss those fears and help you build strategies and skills to face them confidently when that presentation time comes around.*

4 Mondays from - 14 March	3.00 – 5.00 pm	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING
4 Mondays from - 25 July	12.30-2.30 pm	GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

## Developing self confidence and assertiveness

Facilitator: Glenda Weston

*Over several sessions students learn effective communication skills, so they can feel confident getting their point across in academic and social settings. The focus will be on: saying what you want to say in a way that others will listen to you; setting boundaries; persisting with your goals; listening to others; and, feeling good about yourself.*

4 Mondays from - 9 MAY      3.00 - 5.00 PM

GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

4 Mondays from - 12 SEPT      12.30 - 2.30 PM

GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

## Women's group

Facilitator: Sharon Renfro

*Women learn: the latest research on emotions, feelings and thinking; patterns of female roles in our families/cultures; how to define the self through the exploration of values, beliefs, and principles; how to balance individuality and togetherness; how a third party can impact on a relationship; how sex influences our relationships. Participants will develop a five year life plan towards clarifying their wants/needs/desires, inspiring them to be the best women they can be.*

7 Tuesdays from - 15 MARCH      2.00PM-3.30PM

GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

7 Tuesdays from - 26 JULY      2.00PM-3.30PM

GROUP ROOM, LEVEL 1, STUDENT UNION BUILDING

(There will be no groups over the mid-trimester breaks)

## Bodysense

Facilitator: Tania Coombs

*A course to assist women to begin an exciting, new relationship with food and eating. This about the science of nourishing your body and the art of listening to your body.*

*You will learn: the basics of body-focused nutrition; what your body needs and why; how diets cause weight problems; the secrets of appetite control and how to eat for improved academic performance, energy and mood; plus a great deal more. Be prepared for surprises! This is by no means a mainstream or conventional approach. You will be required to think about and respond to food in a very new way. Food can be fun and it can be easy. This course shows you how.*

6 Thursdays from - 10 March      2.00 - 4.00pm

Group Room, Level 1, Student Union Building

6 Thursdays from - 5 May      10.00-12noon

Group Room, Level 1, Student Union Building

6 Thursdays from - 14 July      2.00 - 4.00pm

Group Room, Level 1, Student Union Building

6 Thursdays from - 8 September      10.00-12noon

Group Room, Level 1, Student Union Building

### To enrol for these groups/workshops:

- For the meditation class, contact the Kelburn Recreation Centre on 463 6614
- For all other courses, contact the Student Counselling Service, Level 1, Student Union Building, phone 463 5310 or email [counselling-service@vuw.ac.nz](mailto:counselling-service@vuw.ac.nz)