

Counselling Service
Free Student Workshops
Semester 1, 2009

**Learning Emotional Intelligence to
Motivate Yourself**

Learning Emotional Intelligence to Motivate Yourself

This interactive workshop presents emotional intelligence as a framework to improve motivation. It explores:

- Self awareness
- Managing your emotions
- Managing your behaviour more effectively

DATE: Tuesday 28th April, 12 - 2pm

VENUE: Cussonia Court Room 2

Facilitator
Ravi

These groups are FREE and available to all students of The University of Melbourne. For more information, contact the Counselling Service on 8344 6927 or 8344 6928

No bookings required for this workshop. Register on the day at the venue.
Limited places – be early to ensure a seat.