
Counselling & Development Centre

GROUPS and WORKSHOPS

Winter 1989

Follow through on those New Year's Resolutions!

- **Avoiding PROCRASTINATION**
Understand why you procrastinate; learn how to change your behaviour. Now is the time to make a fresh start.
- **MOTIVATIONAL STRATEGIES**
For identifying, setting, and achieving goals, and for overcoming obstacles. Get more done and feel good about it.
- **SELF-CHANGE and MANAGEMENT** Programme
Choose the behaviour(s) you want to increase or decrease. Study more, get in shape, beat deadlines . . .

-
- **PUBLIC SPEAKING**
Learn how to organize and present your thoughts and material in seminars.

- **ACADEMIC ENHANCEMENT**
through self-hypnosis
 - Reduce tension and anxiety
 - Improve motivation, concentration, memory, and self-confidence

- **ASSERTIVENESS** Training
Are you shy or timid? Do you have difficulty saying "No," even when you want to? Learn how to assert yourself appropriately.

- **RELAXATION** Training
Learn specific techniques including deep breathing, muscle relaxation, and imagery. Release the tension from your body.
-

STARTING SOON!

Enrollments are limited, so register now.

CDC

145 Behavioural Sciences Building
736-5297

Counselling

Education

Research

Clinical Training