

Personal and Community Wellbeing Certificate

Workshop Offerings: Core and Lunch 'N' Learn @ Schulich Wellness Room (ENA 06)

Tier Two Fall 2023 Core Workshops: Mon/Wed

Date & Time	Topic	Facilitated by	Audience
Monday, Sept. 11th, 4-6pm	Roots of Resilience 1: Introduction to Wellbeing + Certificate	Schulich- Dr. Johnston	PhD Catalyst
Wednesday September 13, 4-6pm	Roots of Resilience 1: Introduction to Wellbeing + Certificate	Schulich – Dr. Johnston	Undergraduate
Monday, Sept. 25 th , 4-6pm	Discovering Self-Care & Changing Unhealthy Habits	Wellness	PhD Catalyst
Wednesday, Sept. 27 th , 4-6pm	Discovering Self-Care & Changing Unhealthy Habits	Wellness	Undergraduate
Wednesday, Oct. 11th, 4-6pm	Inquiring Mind pt. 1/2	Wellness	Undergraduate
Wednesday, Oct. 18th, 4-6pm	Inquiring Mind pt. 2/2	Wellness	Undergraduate
Monday, Oct. 23rd, 4-6pm	Inquiring Mind pt. 1/2	Wellness	PhD Catalyst
Monday, Oct. 30th, 4-6pm	Inquiring Mind pt. 2/2	Wellness	PhD Catalyst
Monday, Nov. 20 th , 4-6pm	Managing Stress & Anxiety & Motivation & Procrastination	Wellness	PhD Catalyst
Wednesday, Nov. 29 th , 4-6pm	Managing Stress & Anxiety & Motivation & Procrastination	Wellness	Undergraduate

Tier Two Fall 2023 Friday Lunch'N'Learns

Date & Time	Topic
Sept. 8 th , 12-1pm	Info Session offered by Dr. Johnston
Sept. 29 th , 12-1pm	Roots of Resilience: Domains of Wellbeing
Oct. 6 th , 12-1pm	Practices for Building Personal Resilience: Social Domain
Oct. 13 th , 12-1pm	Reducing Exam Anxiety pt. 1/2
Oct. 20 th , 12-1pm	Reducing Exam Anxiety pt. 2/2
Oct. 27 th , 12-1pm	Practices for Building Personal Resilience: Physical Domain
Nov. 3 rd , 12-1pm	Practices for Building Personal Resilience: Spiritual Domain
Nov. 10 th , 12-1pm	Practices for Building Personal Resilience: Nutrition
Nov. 17 th , 12-1pm	Practices for Building Personal Resilience: Resilient Thinking
Nov. 24 th , 12-1pm	Practices for Building Personal Resilience: Stress Management
Dec. 1, 12-1pm	Personal Resilience Development Planning