

# HEALTH AND WELLNESS

Student Wellness Division

1ST YEAR WORKSHOPS 2017

## Subject: CLARIFICATION OF VALUES

DAY	DATE	TIME	COLLEGES
Wednesday	15/2	09h00-11h00	N - Wel Wel
Thursday	16/2	12h00-14h00	C - Akasia
Tuesday	21/2	18h00-20h00	E - Roosmaryn
Wednesday	22/2	18h00-20h00	W - Harmony
Thursday	23/2	18h00-20h00	S - Armentum



## Subject: EMOTIONAL INTELLIGENCE

DAY	DATE	TIME	COLLEGES
Tuesday	07/3	09h00-11h00	S- Armentum
Wednesday	08/3	12h00-14h00	N- Wel Wel
Tuesday	14/3	18h00-20h00	W- Harmony
Wednesday	15/3	18h00-20h00	C - Akasia
Thursday	16/3	18h00-20h00	E - Roosmaryn



## Subject: HEALTHY BEHAVIOUR

DAY	DATE	TIME	COLLEGES
Wednesday	26/7	09h00-11h00	S - Armentum
Thursday	27/7	18h00-20h00	E - Roosmaryn
Friday	28/7	12h00-14h00	C - Akasia
Wednesday	2/8	18h00-20h00	W - Harmony
Thursday	3/8	18h00-20h00	E - Roosmaryn



## Subject: RESPONSIBLE SEXUAL BEHAVIOUR

DAY	DATE	TIME	COLLEGES
Tuesday	15/8	09h00-11h00	C - Akasia
Tuesday	15/8	12h00-14h00	N - Wel Wel
Tuesday	15/8	18h00-20h00	S - Armentum
Wednesday	16/8	18h00-20h00	E - Roosmaryn
Tuesday	29/8	18h00-20h00	W - Harmony



UFS Health And Wellness Centre



<https://www.youtube.com/watch?v=VseilD43Qfo>

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# HEALTH AND WELLNESS

Student Wellness Division

2ND YEAR WORKSHOPS 2017

Subject:  
**SELF  
KNOWLEDGE**

DAY	DATE	TIME	COLLEGES
Wednesday	15/2	12h00-14h00	N - Wel Wel
Thursday	16/2	18h00-20h00	C - Akasia
Monday	20/2	18h00-20h00	S - Armentum



Subject:  
**DIVERSITY**

DAY	DATE	TIME	COLLEGES
Tuesday	07/3	12h00-14h00	S - Armentum
Wednesday	08/3	18h00-20h00	N - Wel Wel
Thursday	09/3	18h00-20h00	C - Akasia



Subject:  
**MEANINGFUL  
RELATIONSHIPS**

DAY	DATE	TIME	COLLEGES
Thursday	04/5	12h00-14h00	S - Armentum
Thursday	04/5	18h00-20h00	N - Armentum
Tuesday	09/5	18h00-20h00	C - Akasia



Subject:  
**PURPOSEFUL  
LIVING**

DAY	DATE	TIME	COLLEGES
Tuesday	5/9	18h00-20h00	N - Wel Wel
Wednesday	6/9	12h00-14h00	C - Akasia
Wednesday	7/9	18h00-20h00	C - Akasia



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# HEALTH AND WELLNESS

Student Wellness Division

3RD YEAR WORKSHOPS 2017

## Subject: CAREER DEVELOPMENT AND CV WRITING

DAY	DATE	TIME	COLLEGES
Wednesday	15/2	18h00-20h00	N - Wel Wel
Tuesday	28/2	12h00-14h00	C - Akasia
Wednesday	01/3	18h00-20h00	W - Harmony



## Subject: INTERVIEW SKILLS

DAY	DATE	TIME	COLLEGES
Wednesday	22/3	12h00-14h00	C - Akasia
Wednesday	22/3	18h00-20h00	C - Akasia
Thursday	23/3	18h00-20h00	W - Harmony



## Subject: DIGITAL WORLD: PERSONAL BRANDING FOR SUCCESS/ NETWORKING

DAY	DATE	TIME	COLLEGES
Wednesday	26/7	12h00-14h00	S - Armentum
Wednesday	26/7	18h00-20h00	S - Armentum
Wednesday	02/8	18h00-20h00	W - Harmony



## Subject: PERSONAL FINANCIAL MANAGEMENT

DAY	DATE	TIME	COLLEGES
Wednesday	16/8	12h00-14h00	E - Roosmaryn
Thursday	17/8	18h00-20h00	N - Wel Wel
Tuesday	22/8	18h00-20h00	W - Harmony



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