



PRIFYSGOL
BANGOR
UNIVERSITY

Gweinyddu a
Gwasanaethau Myfyrwyr
Student Services
and Administration

Emotional Regulation Skills Workshop for Students

A 2-hour introductory workshop which explores the nature and purpose of emotions and useful strategies to how to regulate them in a more helpful manner.

Aim: An introduction to Emotional Regulation Skills

Objectives: At the end of the session, participants will be able to:

- Identify and name emotions
- Understand what emotions are for and why
- Learn about Emotional Regulation Techniques
- Reflect on their own learning from the session

The session will be a mixture of presentation, video clips, discussions and participants will be working in pairs and small group activities.

Location: Meeting Room 2, Ground Floor, Rathbone Building

Thursday 28th November 2024

2:30pm – 4:30pm

If you are interested in attending, please contact us on:

wellbeingservices@bangor.ac.uk

providing us with your name, university email address and student ID number.

***Places are limited.**



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