"Finding Focus"

Do you want to focus more and avoid less?

Do you want to develop skills that can help with common issues such as: procrastination, anxiety and keeping focus at university and in your life?

This workshop aims to help you stay focused and take a flexible approach to goals that matter to you.

We will cover:

- identifying goals focused on what matters to you
- Skills to help you do less avoiding and overthinking as you focus on your goal and move towards it
- Skills to help you notice and take a flexible approach to what you are experiencing and be OK with this, e.g. feelings, thoughts, anxiety.

To register please click on: https://www.surveymonkey.com/r/CAPS_workshop_registrations_2018