

Training

Dealing with stress during your study

Target Group

This training is for college students of ArtEZ who want to learn how to cope with stress and deal with criticism within their study.

Why

Do you suffer from too much stress during assessments / exams or other key moments and you want to matter presenting yourself or control your own work better? Then this five-weekly training might be something for you.

Data

5 Tuesdays: 1, 8, 15 and 29 february. Return meeting: 21 march
Time: 16.00 tot 18.00.

Content

Meeting 1: what does performance anxiety and the handling of criticism mean to you?
Meeting 2: how to deal with stress performance anxiety feelings
Meeting 3: socialization and how can you learn to deal with criticism?
Meeting 4: practice in presenting and in giving and receiving feedback
Return Meeting 5: retrospecting with the emphasis on 'how to further develop?'
We work with material from literature interspersed with body oriented exercise- and relaxation.

Trainers

Mirjam Tuin, is body-orientated psychotherapist. Se has Since 2000 her own practice in Arnhem.
Renate Hoenselaar is BTSA coordinator. Since 2000, she has her own practice in Arnhem and is LVSC registered supervisor, Senior registered dance and movement therapist and trainer.

Cost

€ 150.00. p.p.
The training continues at min 4 participants, max. 8 participants

Information and Registration

Are you interested please send an email to info@btsa.nl with 'Arnhem'.
When the training starts you will receive a mail with further information and a short questionnaire so we know what your expectations are. Please return this mail.
Registration confirmed after payment but must be no later than 16 january 2016 on account:
Rabobank NL17 RABO 0132.5384.15 t.n.v. R.M. Hoenselaar.
Further information: Renate +31(0)613486648

Location

ArtEZ, Onderlangs 9, Arnhem.