Reference No

**Cell: - Counseling and Happiness Date: 19/11/2022**

**Category: - Academic Administrative/ Misc. Visible Up to Date: 23/11/2022**

**Receipts: - Staff Students**

**Announcement**

**Subject: Workshop: Enhancing Self-Confidence**

**Description:**

Dear Students,

* Do you **hide yourself away from social situations?**
* **Do you stop trying new things, and avoid things you find challenging**?
* Do you have low self-esteem or confidence?

**Low self-esteem and a lack of confidence can negatively affect people’s relationships, work, or studies.**

Department of Counseling & Happiness under the Aegis of the Division of Student Relationship in collaboration with YourDOST conducting a workshop on**: Enhancing Self-Confidence**

Participants attending this Workshop will learn

* Visualizing self-confidence
* Understanding confidence
* Exploring what lack of confidence can look like
* Strategies for Believing in yourself
* Strategies for Building yourself up

**Date: Wednesday 23rd November 2022**

**Time: 2 p.m. – 3.30 p.m.**

**Venue: Block-2- Uni Auditorium**

Resource person: **Ms**. **Rashmeet Kaur** **-  Experienced Counseling Psychologist**

Register for the workshop via

**Registration Form link:** [**https://tinyurl.com/y2ewb8fb**](https://tinyurl.com/y2ewb8fb)

M**ade By: Ms. Malvinder Gill Checked By: Ms. Malvinder Gill**

**Verified By Signature of HOD/COD**

**Signature of HD**