

YuDuYu

- Wellbeing and Resilience workshop -

Join us for a free Six-Week Wellbeing Workshop

This workshop is designed for students who want to better understand themselves, strengthen their mental health and wellbeing, and build practical tools for navigating stress and difficult past experiences. Through gentle, evidence-based approaches (inspired by EMDR, IFS, EFT and others), with no prior knowledge required, you'll explore gentle ways to make sense of your inner world, support your own healing, and grow your capacity for self-care and resilience. Whether you're focused on personal development, managing university pressures, or hoping to be a supportive friend to others, this space offers guidance, insight, and skills to help you thrive.

What You'll Gain

A Supportive Healing Community

Connect with others who have shared similar experiences and build meaningful support networks in a warm, safe and non-judgmental environment.

Empowerment Through Understanding

Gain valuable psychoeducation on trauma, including its effects on the brain, body, and behaviour.

Self-Awareness & Insight

Develop a deeper understanding of your own behaviours, symptoms, and responses.

Challenging & Growing Beyond Limiting Beliefs

Identify and overcome beliefs that may be holding you back.

Effective Coping & Self-Care Strategies

Learn new tools for emotional regulation, grounding and self-care that are practical and easy to apply in daily life.

What to Expect

Psychoeducation Sessions

Each session begins with an interactive session designed to de-mystify trauma and help you understand how we experience, process and hold difficult memories and experiences in our systems.

Small Group Discussions

If you feel comfortable, we will share personal experiences and reflections in small, supportive groups, allowing for connection and understanding. Participation is always optional, and there is no pressure to share.

Setting Personal Goals

You will define and set personal goals for the course, challenging yourself to expand and grow at your own pace.

Our Approach

This workshop series is designed to be gentle, respectful, and empowering. There is no pressure to share more than you feel comfortable with; Instead we encourage everyone to "you do you" and move at your own pace.

Testimonials

"I so looked forward to every week, to be in such a safe space with lovely faces who I'd now call my friends. Jocelyn and Sonja are incredible. So warm and kind and patient with us all."

"I've loved our group! It has helped me connect, feel understood and learn so much about myself!!!"

**5:30 pm - 8:30 pm every Thursday
for 6 weeks from 5th February 2026**

Limited spots available!

**Location: Exton Park Campus,
Binks CBK106/2**

If you're curious, you're more than welcome to get in touch with any questions or to book your free spot. Please contact:-

**Sonja -
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