

QLD STDNT HUB

Queensland Student Group Workshops September 2020

Register here <https://bit.ly/QSHGroupWS>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 English Conversation Intercultural Communication 3pm	2	3 Personal Development Stress Management and its Effects on the Body 3pm	4	5
6	7	8 Professional Development Interview Preparation 3pm	9	10 Professional Development Harnessing Your Transferable Skills 3pm	11	12
13	14	15 Professional Development Goal Setting 3pm	16	17 Professional Development Internships 101 3pm	18	19
20	21	22 Personal Development Setting Boundaries and Effective Communication 3pm	23	24 English Conversation Self Care 3pm	25	26
27	28	29 Professional Development Optimising Focus and Attention 3pm	30			

Queensland Student Group Workshop Overview

English Conversation: Intercultural Communication

Date: 1 September 2020

Duration: 60 minutes

Aim: To introduce skills required to communicate and share information with people from other cultural and social groups.

Personal Development: Stress Management and its Effects on the Human Body

Date: 3 September 2020

Duration: 45 minutes

Aim: To help students understand the impacts stress can have on both the human body and mind.

Professional Development: Interview Preparation

Date: 8 September 2020

Duration: 45 minutes

Aim: To ensure students are well prepared and confident for future interview opportunities.

Professional Development: Harnessing Your Transferable Skills

Date: 10 September 2020

Duration: 60 minutes

Aim: To help students identify and articulate their transferable skills.

Professional Development: Goal Setting

Date: 15 September 2020

Duration: 60 minutes

Aim: Provide students with practical tips on setting short and long term goals and how to achieve them.

Professional Development: Internships 101

Date: 17 September 2020

Duration: 60 minutes

Aim: To ensure students understand the legalities around internships in Queensland, and opportunities that exist.

Personal Development: Setting Boundaries and Effective Communication

Date: 22 September 2020

Duration: 60 minutes

Aim: To help students understand the importance of setting boundaries and how to effectively communicate those boundaries with others.

English Conversation: Self Care

Date: 24 September 2020

Duration: 45 minutes

Aim: To ensure students understand the importance of mental wellbeing, through practicing self care.

Professional Development: Optimising Focus and Attention

Date: 29 September 2020

Duration: 45 minutes

Aim: To provide students with tips and techniques to optimise focus and attention and to improve productivity.

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