Health and Wellness, **Division Staff Wellness** cordially invites you to the following lunchtime presentation



# **BOUNDARIES** –

## WHAT DO I DO AND WHAT DO I LEAVE?

Date:	20 May 2014
Time:	13:00 – 13:45
Venue:	CR Swart Senate Hall
Language:	English
RSVP:	Before 16 May 2014 at <u>wellness@ufs.ac.za</u>

### **PRESENTER: DR ZENDRÉ SWANEPOEL**

#### **Educational Psychologist**

#### Outcomes:

- Do you struggle to say "No"?
- How do I know enough is enough?
- Signs and symptoms that our bodies present to tell us it is time to set boundaries

UNIVERSITY OF THE FREE STATE UNIVERSITEIT VAN DIE VRYSTAAT YUNIVESITHI YA FREISTATA



UFS·UV HEALTH AND WELLNESS CENTRE SENTRUM VIR GESONDHEID EN WELSTAND