

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 wellness@ufs.ac.za

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