

Student Counselling and Development presents:

ME, MYSELF, AND WHO?

Get to know yourself by exploring your:

- personality
- values versus goals
- strengths and weaknesses
- inspiration and motivation
- WHY it matters.
- The effects it has on daily life, academics, and relationships.

Self discovery Workshop

Monday, 5 August 2025

17:00-19:00

Thursday, 7 August 2025

14:00-16:00

**Remember to
Register**



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through quality, impact, and care.*

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