

## Living with Uncertainty

**Date:** Thursday 14 April 2011

**Time:** 12.30pm – 2pm

**Location:** Room 0.04 EFRY

In the current climate there is a lot of uncertainty about the future. The Counselling Service is offering a short workshop for Staff to explore the different ways we react to uncertainty and to look at constructive ways of coping in uncertain times.

The workshop will be facilitated by Eamonn O'Mahony, the Staff Counsellor. This workshop will be repeated in the coming months.

Numbers are limited to 12 so booking your place is essential.

If you would like to attend this workshop please fill in the slip below and send/ email to Ros Montague at the University Counselling Service.

Email: [r.montague@uea.ac.uk](mailto:r.montague@uea.ac.uk)

LIVING WITH UNCERTAINTY – WORKSHOP FOR STAFF – Thursday 14 April 2011

Name: .....

E-mail: .....

Telephone: .....