

# Wellbeing Morning

Thursday 14<sup>th</sup> November



The Ladies' College  
Guernsey

TIME	REMOVE	LOWER FOUR	UPPER FOUR	LOWER FIVE	UPPER FIVE	SIXTH FORM
08.30	<b>SET</b> Focus: social media Venue: Hall	<b>SET</b> Focus: social media Venue: Hall	Yoga Venue: Drama  1:1 sessions	Zumba Venue: Gym  1:1 sessions	Focus: Prepping for exams workshop Venue: Leaf Centre  1:1 sessions	<b>LOWER SIXTH</b> – Focus: Taming your critical voice session with the College Counsellor Venue: Art Room 1  <b>UPPER SIXTH</b> – Focus: Prepping for exams workshop Venue: Leaf Centre
09.30	Focus: Out of our hands social media presentation Venue: The Charlton Green Room  1:1 sessions	Focus: Consolidation of SET talk and discussions about ways to be mindful in our lives Venue: Leaf Centre  1:1 sessions	<b>SET</b> Focus: self esteem Venue: HALL	<b>SET</b> Focus: self esteem Venue: HALL	Yoga Venue: Drama  1:1 sessions	<b>All Sixth Form</b> Zumba Venue: Gym
11.15	Yoga Venue: Drama  1:1 sessions	Zumba Venue: Gym  1:1 sessions	Focus: session with the College Counsellor (self-esteem) Venue: Leaf Centre  1:1 sessions	Focus: session with the College Counsellor (self-esteem) Venue: Leaf Centre  1:1 sessions	<b>SET</b> Focus: Stress Venue: HALL	<b>SET</b> Focus: Stress Venue: HALL

SET = Self Esteem Team

1-2-1 sessions = meeting with tutors in tutor room booked in advance.

