

## **iCan overcome Presentation Anxiety**

Delivered by the Student Counselling Service and may be relevant to students struggling with presentation anxiety in a variety of settings – seminars & assignment presentations, giving talks & beginning to prepare for interview situations.

The aim will be to understand that anxiety is a common and shared experience. We will focus on understanding the symptoms that we might experience and strategies and techniques that might help us when we need to perform publically.

The fundamental message being anxiety is **normal** and is experienced by everyone from time to time given the right challenging conditions.

There is no expectation that participants will share their personal details or stories. There will be some small group discussions to consider the relevant topics along with feedback discussions to reflect upon what has been learnt and found to be helpful.

To book a place please call us on 01248 388520 or e-mail [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk). **Pre-booking is essential for this workshop.**