WARWICK BUSINESS SCHOOL
THE UNIVERSITY OF WARWICK

SPOTLIGHT ON WELLBEING

ROADSHOW

THURSDAY 12 NOVEMBER

12:00–4:00PM

Stress Awareness Week

Take time out. Find support. Feel connected.

A day to focus on your wellbeing

Join us for free events designed to help you manage stress, improve your financial wellbeing, and connect with others in our student community.

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Money Matters Workshop

12:00pm – 1:00pm | Room 0.013

Delivered by NatWest: budgeting, managing debt, planning for unexpected expenses, and protecting yourself from fraud and scams.

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Wellbeing Fair

1:00pm – 2:30pm | PG Lounge

Drop in to explore support from NatWest, Warwick Sport and NHS Talking Therapies. Enjoy refreshments, meet students and discover resources.

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Be Your Best; Managing Stress and Wellbeing

3:00pm – 4:00pm | Room 1.005/6

Delivered by Mind: practical tips and strategies to help you recognise and manage stress effectively.

There's something for everyone.

Whether you're looking for advice, support, or simply an opportunity to connect with others, we hope to see you there.

START WELL, STAY WELL, SUCCEED WELL

SIGN UP

SCAN TO EXPLORE