

# Emotional Regulation Skills Workshop

## Aims of the 2 hour workshop:

- Identify and name emotions
- Understand what emotions are for and why
- Learn about Emotional Regulation Techniques
- Reflect on their own learning from the session

The session will be a mixture of presentations, video clips and discussions.  
Participants will work in pairs and small groups.

### English Workshops:

November 9th

February 6th

May 8th

### Welsh Workshops:

November 23rd

February 22nd

May 22nd

**Time:**

**2.30pm - 4.30pm**

**\*Welsh sessions with translation**

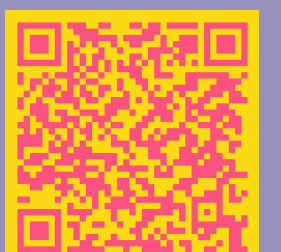
**Location: Meeting Room 1, Rathbone Building**

If you are interested in attending, please contact us on:

[wellbeingservices@bangor.ac.uk](mailto:wellbeingservices@bangor.ac.uk)

providing us with your name, university email address and student ID number

*\*Places are limited*



# Gweithdy Sgiliau Rheolaeth Emosiynol

## Nod y gweithdy 2 awr :

- Adnabod ac enwi emosiynau
- Deall beth yw pwrpas emosiynau a pham
- Dysgu am Dechnegau Rheolaeth Emosiynol
- Adfyfrio ynghylch yr hyn a dysgon nhw o'r sesiwn

Bydd y sesiwn yn gymysgedd o gyflwyniad, clipiau fideo a thrafodaethau.  
Bydd y cyfranogwyr yn gweithio mewn paruau a grwpiau bychain.

### Gweithdai Saesneg:

Tachwedd 9fed

Chwefror 6ed

Mai 8fed

Amser:

2.30pm - 4.30pm

### Gweithdai Cymraeg

Tachwedd 23ain

Chwefror 22ain

Mai 22ain

*\*Gweithdai Cymraeg gyda chyfieithu ar y pryd*

**Lleoliad: Ystafell Cyfarfod 1, Neuadd Rathboneg**

Os oes gennych chi ddiddordeb, cysylltwch â ni:

[wellbeingservices@bangor.ac.uk](mailto:wellbeingservices@bangor.ac.uk)

gan nodi eich enw, cyfeiriad e-bost prifysgol a rhif adnabod myfyriwr

*\*Nifer cyfyngedig o lefydd sydd ar gael*

