

Wellness and Resilience



*from the Positive Psychology Center, and
in collaboration with Wellness at Penn, University Life,
and College Houses and Academic Services (CHAS)*



Free workshops open to all Penn students to learn strategies and skills to help you reach your goals, manage stress, and strengthen your relationships. Each 90 minute workshop offers a fun and casual space to meet and build relationships with other Penn students. These tools have been used by leaders in medicine, business, sports, as well as college students.

The workshops will focus on actionable strategies to help:

- Build strong relationships
- Juggle the demands of student life
- Manage stress, change, and adversity
- Increase well-being, focus, and confidence
- Meet your academic goals
- Launch your post-Penn career

**Virtual and in-person
workshops available!**



Visit wellness.upenn.edu or scan
here to learn more and register!

