

COMMUNITY OF INQUIRY LEARNING SESSIONS



DINING HALL VOUCHERS FOR ATTENDING

Engage, Explore, Reflect

Understand yourself  Build your strengths

All learning sessions will be from 12 to 1:15 p.m.



Sept. 9th



The Inner Critic vs The Inner Coach: Shifting Self-Talk for Growth

Oct. 21st



Creativity for Healing and Stress Relief

Sept. 16th



The Emotional Intelligent Self: Understanding and Using Your Emotions Wisely

Oct. 28th



Letting Go and Creating Space for Personal Growth

Sept. 23rd



Accepting What Is: Finding Peace with the Uncontrollable

Nov. 4th



The Power Within: Harnessing your Thoughts for Change

Sept. 30th



Crafting your Personal Credo: A Reflection on Values & Beliefs

Nov. 18th



Telling your Story: A Workshop on Reflection, Resilience, and Speaking with Heart

Oct. 7th



Unpacking Beauty Myths and Building Confidence Session One

Dec. 2nd



Future Self-Journaling
A practice rooted in **neuroscience**

Oct. 14th



Unpacking Beauty Myths and Building Confidence Session Two


Dec. 9th



Tolerating Discomfort: Building Emotional Stamina



Join us in the Family Food Science
Building Room 110
559.278.6736

FRESNO STATE  | Center for Essential Needs