

Life Coaching for Students



The purpose of this life coaching workshop is to help students live happier, more fulfilling, and more satisfying lives. Participants will identify areas of their lives that they want to enhance such as personal wellness, academic and career success, and/or relationship development. Participants will then establish specific goals in these areas, learn strategies for achieving their goals, and get motivated to take action toward making their vision a reality.

Mondays, 1:00 - 2:00

Six sessions beginning October 19, 2009!

Students must sign up in advance!

Facilitated by Larry Marks, Ph.D. Free for currently enrolled students. For more information or to register, please visit the UCF Counseling Center located in the Counseling Building (COUN #27) or call 407-823-2811. Visit our website at www.counseling.sdes.ucf.edu.



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