

AEPS student? This is for you!

Building skills for
professional growth and
well-being!

Join our group workshops to
boost your life skills that help
you thrive both personally and
professionally.



What's it all about?

In small group meetings, you'll reflect on how you manage **emotions**, **relationships** and **conflict**—while building transferable skills useful for both university life and future professional contexts.

When and where?

The program consists of **five Monday sessions after class in March**, each lasting **2 hours**.

Take an active part in discussions with your classmates!

Sign up for free!

To take part, just scan the **QR code** and answer a few short questions. It's quick and easy, and the workshops are completely free.



If you have any questions, feel free to email us at m.ghelfi@campus.unimib.it