**Application Form**

**Mindfulness Resilience Course (4 week)**

**I wish to apply for a place on the following Mindfulness Resilience Course:**

Please specify which course you are applying for:

Course 1 – Feb 24, Mar 2, 9 & 16 Time: 16.30 - 18.30 YES/NO

Course 2 – Apr 27, May 4, 11 & 18 Time: 16.30 - 18.30 YES/NO

Course 3 – (PGRs only\*) June 1, 8, 15, 22 Time: 16.30 - 18.30 YES/NO

Venue: Student Counselling and Wellbeing Service, 19 Clarendon Place, University of Leeds

\*This course is only available for Post Graduate Researchers

*Participants must be able to attend all four sessions.*

Name:

Address:

Telephone:

Permission to leave a message: YES/NO

Student email:

If you have you been diagnosed with any mental health condition(s) please state here:

Any further information you think the trainer needs to know that may affect your ability to access the course?

How did you hear about the course?

*Your information will be kept confidential by the Student Counselling and Wellbeing Service and will be seen by the Course Facilitator Cathy Theaker, MBACP Counsellor.*

**What happens next?**

*On receipt of your application form Cathy will respond to you by email within 5 working days to let you know whether or not you have a place on this course.*

**Please email your completed application form to:** [c.theaker@leeds.ac.uk](mailto:c.theaker@leeds.ac.uk)