



Studierendenwerk
Ulm fair.supportive.competent

COURSE PROGRAM

ENGLISH

WINTER
SEMESTER
2025/26

of the Psychosocial Counseling
Center for Students

IN ENGLISH ONLINE

RESILIENCE TRAINING

**Being more relaxed in Uni-life with
Mindfulness and Self-Compassion**

Explore how stress affects you and learn practical techniques to navigate it with ease in this four-week online course. First-session attendance required. Ready to approach stress differently?

**4-week online course, Wednesdays,
17:00–18:00**

05.11. / 12.11. / 19.11. / 26.11.2025
max. 15 participants

Instructor

Dr. rer. nat. Sybille Hübner, trained teacher for Mindful Self-Compassion (MSC), resilience promotion for students, doctoral candidates, and postdocs

Registration

The course takes place in cooperation with university sports. Information on registration and further details can be obtained via the QR-code.

IN ENGLISH

GET IN BALANCE -

**Gentle Body-Mind Training with
ZENbo®**

Combine Western relaxation techniques with Eastern practices like yoga and Qi Gong. Through three phases, you'll discover calm, focus, and renewed energy—no prior experience needed. Wear comfortable clothing and bring a cushion & blanket. Get ready to find your balance!

4-week course, Thursdays, 16:00–17:30

27.11.2025 / 4.12.2025 / 15.1.2026 / 22.1.2026
max. 14 participants

Instructor

Cynthia Mau, Consultant at the Psychosocial Counseling Center (PBS) of Studierendenwerk Ulm, Systemic Counselor & Therapist (SG), Relaxation Trainer.

Registration

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DETAILED INFORMATION ON THE COURSE CONTENT, NUMBER OF PARTICIPANTS, COURSE LOCATION, REGISTRATION ETC.

can be found via the QR code on our website studierendenwerk-ulm.de/pbs-kurse-en



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