

# King's University College

## WELLNESS SPEAKER'S BUREAU

Would you like a Wellness speaker to present to your class? King's Accessibility, Counselling, and Student Development (ACSD) has speakers for various topics, and these talks can be arranged for a brief time (15 mins) all the way up to a full-class (2 hours).



Please contact us at [acsd@kings.uwo.ca](mailto:acsd@kings.uwo.ca) to arrange a speaker. Please note that we do need some lead-time in order to ensure that a speaker will be available.

Possible topics can include the following:

- Time Management
- Supporting Others in Distress
- Mindfulness
- Accessing Services / Services Available with King's ACSD
- Health and Wellness Apps
- Sleep Hygiene
- Coping with Test Stress
- Coping With and Resources for Anxiety
- Imposter Syndrome
- Anxiety and Depression
- Vicarious Trauma
- Tailored Topics for Learning Skills

\*If there is a topic that you would like, but you do not see on the list, feel welcome to contact us and we will let you know if it can be arranged.