

## Skills to Live Well Certificate

This certificate program is intended to assist students in developing skills to maximize their own well-being and to support others to do the same.

To qualify for the **Skills to Live Well Certificate**, students must:

- Attend **five** or more workshops offered by Wellness Services within one academic year (a list of workshops offered by Wellness Services can be found below)
- Provide proof of attendance/completion of each workshop attended by filling out the [application form](#).

### Workshops Offered by Wellness Services

Please note, this list is always changing. The most up to date list of workshops available from Wellness Services, and their scheduled dates, can be found at <https://events.mtroyal.ca/wellness/all> and filter by workshop and training.

Name	Description
Goal Setting That Works	Create a plan to identify the goals that you've been thinking about but can't seem to achieve. Learn what works for most people and identify concrete strategies to support you in achieving the goals that really matter.
Sorting Out Your Values	Sort through values cards to figure out what matters most to you. Feel more aligned as you choose actions right for you, and let go of stuff that gets in the way. Keep your cards short to review and revise as your priorities change.
Coping 5000	Reflect on what you are doing when you're feeling great and managing life demands perfectly. Learn how to tap into your own best coping strategies for returning to balance when things feel out of control.
Mindfulness for Beginners	Try several mindfulness practices to explore what specific ones might best suit you personally. Discuss basic concepts, what happens physiologically, and the philosophy that challenges the idea that this is one more thing we need to do well.
Meditative Walking Connecting with Nature	Try outdoor mindful walking as a practice that can help you to slow down your mind, be more present, and connect with nature in ways that support your wellbeing. Reflect with others on your experience.
Prep for Reading Week	Generate a plan for your Reading Week that will lead to both productivity and renewed energy.
Photography for Wellbeing	Identify values and strengths, go out and photograph things that symbolize this for you, and solidify the presence of these in your life so that you can leverage them when times get tough.

Your Brain on Music	Experience your brain on music, build awareness of emotions to increase your emotional intelligence, and learn more about how to leverage music for your well-being.
Daring Greatly: Dare to Connect	Join a conversation about typical ways we protect ourselves from being vulnerable. Explore how freeing it can be to figure out how to be just vulnerable enough to grow meaningful connections and to dare more greatly in your life.
The Mechanics of Hope	Use art to explore gratitude, facts & feelings, joy, letting go, pleasure planning, and future thinking - all mechanics of building hope. Learn how what you create can nurture and sustain your hope despite life's challenges. Artistic skills are not required.
Self-compassion	Experience the power of being kind to yourself. Learn how this practice can help you reduce stress and grow your hope and motivation.
Crafting Balance	Participate in a crafting activity that promotes your wellbeing. As you cut, paste and decorate you'll have the opportunity to chat and reflect on what it means to have balance.
Meditation for those with ADHD	Experience mindfulness practices suited for ADHD and others with attention regulation difficulties. Learn that a mindfulness practice might be for you after all.
Exams? You Got This	Come stressed, and leave feeling re-centred and ready to take on the exam period ahead. Try out meditation exercises and breathing techniques designed to help students stay focused during challenging academic tasks.
Harm Reduction & Naloxone Training	Be informed about the current state of opioid use in Canada and the harm reduction responses being employed. You'll learn how to recognize and respond to an overdose, including how to provide Naloxone by practicing injections in a safe and non-judgemental setting.
LivingWorks Start	Start is an online suicide prevention training that teaches participants to recognize when someone is thinking about suicide, and how to connect them to help and support through a four-step model. Start takes approximately 90 minutes to complete, but can be worked through at your own pace.
ASIST (Applied Suicide Intervention Skills Training)	ASIST is an interactive and practice-based course that teaches participants how to provide suicide first aid interventions. Through completion of the training, participants will be able to understand how personal and societal beliefs and values impact views on suicide. provide tailored guidance and suicide first aid, identify an effective safety plan and know how to implement it and recognize important components of suicide prevention.
Period Equity: Making Reusable Cloth Pads	Join us in the Maker Studio for a hands-on workshop focused on period equity and sustainability. Learn to make reusable cloth pads and join in our conversations about the barriers to accessing period products and how reusable products can be a more equitable option. No sewing experience is needed and all materials will be supplied.