



Welmoet Bok

BA (Hons) (UNISA) MA (UCT)

Workshops will include the following:

- Understanding your stress and exam nerves and making these work for you
- Finding out the differences between stress and anxiety – how one can lead to the other
- What everyone needs to know about cognitive-behavioural therapy – harnessing the power of your thoughts to control exam nerves and improve your concentration
- New understanding of how the brain works - the neuroscience underlying thinking, memory and emotions
- The mind-body link – the role of nutrition and sleep in memory and performance
- Techniques to gain control of anxiety and stress

Welmoet Bok initially qualified as a teacher before going on to study psychology.

She has practiced as a clinical psychologist in Wynberg, Cape Town for the past fifteen years. Apart from her general clinical psychology practice she specializes in the field of Clinical Health Psychology, which concerns the link between physical and psychological health and well-being.

She has guest-lectured in health psychology at UCT and at the University of the Western Cape and has designed and presented a number of training courses on stress management to doctors, nurses, social workers and students.

She is a former Chair of the Division of Health Psychology and Sport Psychology of the Psychological Society of South Africa (PsySSA).



Workshop Venue

24 Roseville Rd,
Claremont, Cape Town
Welmoet Bok on
Phone 0824078870

For further information and bookings please contact

Email: welmoet@mweb.co.za
Website: www.bgpsychologists.co.za

PREPARE YOURSELF FOR EXAM STRESS

Saturday Morning Workshops

presented by

**Cape Town Clinical
Psychologist and
Psychotherapist**

Welmoet Bok.



Is the thought of end of year exams stressing you out?

Are you worried that exams nerves may negatively affect your performance?

Are you feeling overwhelmed by your workload?

Do you feel stressed out and anxious when you think of what you have to do?

Are you battling to cope?

If you answered “yes” to any of these questions, this workshop is for you

Research consistently finds that it is invariably the best students (who are committed and work hard) who are often the worst affected by exam anxiety and stress – what can you do about this?

The good news is that it is possible to get a handle on exam stress – how?

Prepare your mind and your body for the hurdles ahead...

Writing exams successfully isn't only about good study habits and hard work -

Don't let exam nerves get the better of you in those crucial exams!

By mastering certain skills and techniques* it is possible to harness your stress and make it work for you...

By practicing these ahead of time you will learn to focus your mind and control your anxiety and stress levels.

*** Techniques include mindfulness training, guided visualization, cognitive-behavioural techniques and relaxation training**

Workshops on Exam Stress also available for Parents and Teachers

By special arrangement workshops can also be presented at schools and other venues around Cape Town.

NEXT WORKSHOP: 28TH MARCH 2012

CLAREMONT, CAPE TOWN

Book early to avoid disappointment!