Request a Workshop

Thank you for turning to us for your Health/Wellness Programming needs. In order for your event to be successful, here are some things to keep in mind to help us help you.

1. We prefer that you have **10 or more attendees**. This will help you spread your message, maximize your impact, and have a great event. We are happy to help you brainstorm marketing and publicity ideas.

2. Because our programs are comprehensive and interactive, we ask that you [reserve a space for AT LEAST 60 minutes](https://studentwellness.unc.edu/resources/request-help/programs-and-publicity/request-workshop) to get the most out of it, though some require 90 minutes or up to 4 hours (One Act). See specifics below!

3. For us to facilitate the best event possible, please fill out this form at **least THREE (3) weeks before the event date**. The sooner we know about it, the more likely we’ll be able to accommodate your schedules!

4. We need a **ROSTER of your participants BEFORE** the workshop/training. Any event or program we participate in will have an **required evaluation** component for the participants in-person and also sent to them after.

**What you can request:**

- hha! Peer Educators
  - One Act training (4 hours)
  - One Act for Greeks training (3 hours)
  - Dimensions of Wellness & Self Care (60 minutes)
  - Healthy Relationships 101 (60 minutes)
  - Stress Management 101 (60 minutes)
  - Masculinities 101 (60 minutes)

**Access the Request Form** [1]

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**Source URL:** https://studentwellness.unc.edu/resources/request-help/programs-and-publicity/request-workshop

**Links**

[1] https://unc.az1.qualtrics.com/jfe/form/SV_8pQbSinVLWRJkmF