

## WenDo course

WenDo Chiemgau – Mirjam Spies

Wednesday, 2 October 2024, 9:30 am – 3:30 pm

Workshop (Language: English)

Guesthouse W14, Drögen Hasen Weg 64, 26129 Oldenburg

[Registration via PE.OE](#) (students via [gleichstellung.fk6@uol.de](mailto:gleichstellung.fk6@uol.de))

### ABSTRACT

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The WEN DO course teaches you how to protect and assert yourself in everyday and threatening situations in a easy and effective way. It strengthens your self-confidence and resilience.

Athleticism and physical fitness are not necessary.

Course contents:

- Simple physical techniques that are easy to learn and apply immediately
- Practical tips for everyday life and all situations where you feel unprotected
- Use of voice and body language, exercises for confident appearance
- Assistance in dealing with fear and panic
- Legal information and presentation of support services

Additional information: The course is also suitable for women with experiences of violence. Older women and women with physical limitations are welcome in all courses.

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This workshop is part of the lecture and workshop series:

### **Gender & Diversity in STEM and Medicine**

hosted by equal opportunities offices of Faculty V and VI

(more information [here](#))

