

## WenDo course

Workshop (Language: English)

Thursday, May 4, 2023, 09:30 – 3:30 pm

Mirjam Spies, Dipl.Soz.Päd. Gestalttherapeutin

Guesthouse Uni Oldenburg, Drögen Hasen Weg 64, 26129 Oldenburg

Registration via: [Stud IP](#)

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### ABSTRACT

WenDo means "Women's Way" and is a form of mental and physical self assertion and self defense specially developed for women and girls.

The aim of WenDo is to support every woman and every girl in their personal options for action, to strengthen their self confidence and their inner determination

Female only can register

Course duration: 6 hours

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This workshop is part of the lecture and workshop series:

**Gender and Diversity in STEM & Medicine**

hosted by equal opportunities officers of Faculty V and VI

(more information [here](#))