

WenDo course

WenDo Chiemgau – Mirjam Spies

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

Workshop (Language: English)

Room: V03 0-D003

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

ABSTRACT

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.

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](#))

