



**UNIVERSITÀ
DI PARMA**



CONCRETE ALTERNATIVE ALLIANCE FOR WELL-BEING
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The Psychological Counseling Service at the University of Parma promotes the psychological and physical well-being of the student and staff population, including prevention and support actions.

Conferences, workshops, webinars are planned for students.

A training program for teaching and administrative staff is also provided, aimed at improving recognition of signs of distress.

**ALLIANCE FOR WELL-BEING
UNIPR Psychological Counseling Service staff
invite you to participate
in all the Webinars organized for you!**

Values and choices: reflect on what matters to us and live an authentic life

June 12th, 2025 from 4:00 pm to 6:00 pm CET

Dr. Vanessa Artoni, psychologist, University of Parma

Although they represent important guidelines for our daily actions, it is often difficult to define the values that are important to us, and even more difficult to implement them with awareness and perseverance.

The aim of the webinar is to share reflections and ideas that help us become more aware of our values and use them to build a more authentic life.



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You can register within 3 days before the event by filling out the form or framing the q-code.

<https://forms.office.com/e/swgKpCvZ92>

ALLIANCE FOR WELL-BEING Webinars for psycho-physical well-being at university

