

A seminar-training on women's psychology was held at TTPU

Motivational training on the topic "Life is beautiful because I am there!" was conducted by qualified psychologists at TTPU. The training was organized by the Women's Council of TTPU and was attended by female students and staff of the University.

The seminar-training included a meaningful conversation on topics such as women's psychology, prevention of various stressful situations in everyday life, self-love, freedom from negative thoughts, forgiveness, creating a flow of positive thoughts and living with gratitude and appreciation for today.

During the seminar-training, participants were divided into groups, interesting surveys and psychological games were organized.



