

From: UUM CORPORATE COMM.
Sent: Rabu, 17 Mac 2021 9:53 pg
To: UUM - All Staff; UUM - All Students
Subject: Workshop Expressive Arts Therapy: Understanding Our Inner Self and Coping Strategy



UUM Corporate Comm.
Universiti Utara Malaysia

17 MARCH 2021 / 3 SYAABAN 1442H
=====

"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

UUM ONLINE:

**UUM**
Universiti Utara Malaysia

LIVE
WEBINAR
School of Education

**WORKSHOP EXPRESSIVE ARTS THERAPY :
UNDERSTANDING OUR INNER SELF
AND COPING STRATEGY**

Objectives :

- Understanding our inner self through symbolic image.
- Exploring coping strategy through visual mapping



Materials to prepare :

- Drawing paper
- crayon
- water colour,
- pencil or anything for drawing.



DR. AZIZAH BINTI ABDULLAH
School of Education, Universiti Utara Malaysia

**JOIN US!**
"Open to UUM students, staffs & public"





Organised by:
Institute of Excellent Teachers and Leaders in Education (IETLE)

**30**
MARCH
2021
(TUESDAY)

10⁰⁰ – 12⁰⁰
AM PM

Meeting Number:
158 762 7668
Password:
exat2021

Contact person:
Bisthami (Assistant officer)
017-5758591 (bisthami@uum.edu.my)





Please consider the environment before printing this e-mail



Universiti Utara Malaysia Official Website <http://www.uum.edu.my>

Disclaimer: This e-mail (including any attachments) may contain confidential information. If you are not the intended recipient, you are hereby notified that any review, distribution, printing, copying or use of this e-mail is strictly prohibited. If you have received this e-mail in error, please notify the sender or Universiti Utara Malaysia (UUM) immediately and delete the original message. Opinions, conclusions and other information in this e-mail that do not relate to the official business of UUM and/or its group of companies shall be understood as neither given nor endorsed by UUM and UUM accepts no responsibility for the same. All liability arising from or in connection with computer viruses and/or corrupted e-mails is excluded to the fullest extent permitted by law.