The aim of this workshop is to create a positive space to learn about minding yourself through stress, uncertainty and change, by building resilience and wellbeing. This is an enjoyable webinar, which is practical and provides easy-to-apply tips and tools on resilience relevant to both work and home life. Participants will have time for reflection and journaling; there will be interaction in pairs and small groups, as well as facilitator-led discussion and learning.

The key concepts you’ll get familiar with during the webinar include Seligman’s PERMA-H model, Hannan’s Energy-Tank model of self-care, Emotional Intelligence, Mindfulness and other resources Positive Psychology provides. A variety of exercises helps to focus on the self, personal values and strengths and show the importance and influence of those skills on both professional and private relationships alike.

Trainer: Niamh Hannan
Time: 9:45am - 1pm (03/09) and 9:45am - 5pm (03/10)