



RESILIENCE Workshop

This is a HSE funded one-day interdisciplinary event. The training will be held in Kilkenny.

LOCATION	DATE	Places available at each workshop
Kilkenny – venue to be confirmed	Monday, 16 th October 2017	12 places for SLTs

Who can apply to attend this workshop?

Open to members and non-members of IASLT. Priority will be given to those in publicly funded roles. This is an interdisciplinary event and there are **12** spaces available for SLTs.

Aims of the Training:

This particular self-care CPD programme is specific to the needs of HSCPs. It aims to provide you with an opportunity to create a space for yourself to get away from your daily stresses and strains. You will have an opportunity to reflect on your life and learn what science has uncovered about becoming healthier, happier and more resilient.

Psychologist Shane Martin will focus on simple yet powerful practices that can be incorporated into your life to help break the cycle of anxiety, stress, unhappiness and exhaustion.

Please note that the seminars will not intrude on anyone's privacy. There will be some discussion/exercises but no one will feel under pressure to talk about personal matters.

Workshop content:

SESSION 1. MINDING OURSELVES – Managing the very real stresses within the workplace.

Everyone experiences stress. In fact, we all need a certain degree of stress in our lives. It helps us achieve our goals. However, research indicates that poorly managed stress is bad for our health. In particular, we need to learn how to manage unhealthy stress. This type of stress can interfere with the quality of our work and

impair relationships with our fellow colleagues and patients. Indeed, it can affect the quality of our life in general.

Often faulty thinking mechanisms and unhelpful belief systems make us more stressed than we need to be. We all can learn to become more rational and compassionate. By being more neutral, objective and fair-minded in our approach to life we find that we are less impacted by stress and enjoy life better. This seminar will focus on strategies that protect and help us manage stress better.

2. THE PSYCHOLOGY OF BOUNCIBILITY – How to build resilience within ourselves.

Life is an imperfect journey and crisis is guaranteed. Resilience is the ability to adapt to the challenges of work and life. It's about bouncing back rather than falling apart. It's about staying standing during the storms of life. If you are strong in resilience you have this 'bouncibility' and can harness your inner strengths and coping mechanisms. Through ongoing cutbacks and changes the intensity of ever increasing challenges is very real. More challenges may lie ahead. Science has uncovered specific traits/factors that can be utilised at work and in our lives in general. This seminar will explore the science of resilience and highlight evidence-based strategies linked to better outcomes during changes and challenges.

SESSION 3: HEALTH AND HAPPINESS: How to 'refresh' your life

In recent decades research teams have started to examine positive emotion. This research has focused on what makes people happier, what gives them more meaning and purpose in life and what measures that they can take to lead them healthier. It will outline ten evidence-based strategies linked to embracing a better quality of life. The hope is that it will uplift and inspire change in the lives of those who attend but even more importantly inspire participants to incorporate it into their homes, workplaces and communities.

Workshop Details:

- Registration opens at 8.45am for a 9.30am start
- Event finishes at 4pm
- Refreshments and light lunch will be provided.
- Parking is available, free of charge.
- Venue to be confirmed.

THE FACILITATOR: Shane Martin C.Psychol., Ps.S.I.

Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His 'Moodwatchers' self-help psychology course has been delivered at community venues throughout the length and breadth of Ireland. He has been a keynote speaker at numerous national and international conferences on a range of topics around empowerment, recovery and happiness.

He is a leading psychologist within the area of education having visited hundreds of educational institutions nationwide working with management teams, teachers/lecturers, students and parents promoting a psychology of health, happiness and resilience.

He lectures part-time in DCU and has provided training to many of Ireland's leading business organisations within the public and private sector. He has delivered training to health professionals throughout Ireland. Shane delivered a Refresh Your Life Resilience workshop to a general OT audience in December 2015 and the overall feedback from this course was excellent. Shane is a published poet of two collections - The Dark Room and Stilling the Dance of Time. He is currently working on his third collection entitled Thin Lines. His first self-help psychology book entitled 'Your Precious Life - How to Live it Well' has been recently published. More information available on www.moodwatchers.com.

Link to apply:

<https://form.jotformpro.com/72122719460957>

Waiting list:

<https://form.jotformpro.com/72122286660958>

Terms and Conditions:

- 1) Managers must approve applications prior to applications being made.
- 2) Applicant's current practice area must match the aims of the training.
- 3) Attendance at the training event must impact your current practice.
- 4) All applicants must work in the publicly funded health service.
- 5) Members and non-members of IASLT can register attendance.
- 6) It is the individual's responsibility to monitor the IASLT website and social media and to opt in to receive IASLT emails.
- 7) In order to receive a certificate of attendance for your CPD portfolio attendees must attend 100% of the training course.
- 8) All assignments and related tasks must be fulfilled.
- 9) Registering attendance does not guarantee that you will receive a place.
- 10) Final offers of a place will be made by the IASLT CPD Officer.
- 11) Booking deposits are non-refundable.
- 12) In the event of a cancellation, applicants must give IASLT 72 hours' notice (The IASLT CPD Officer must be notified – not the course provider).
- 13) Failure to give at least 72 hours' advance notice regarding non-attendance will result in exclusion from HSE funded CPD events for a period of 12 months.
- 14) Failure to complete assignments or tasks related to the event will result in exclusion from HSE funded CPD events for a period of 12 months and a certificate of completion will not be provided.