



## Career and Personal Development

### **iMacs & Apple Creativity Apps—Introduction**

Kate Delaney, Digital Media Trainer

Wednesday, 16 July, 10.00 – 12.00

### **CV Writing & Cover Letters**

Ross Munnely, DCU Careers Service

Thursday, 17 July, 10.00 – 11.00

### **Public Speaking—Nothing To Fear!**

Elaine Metcalfe, DCU Public Speaking Society

Wednesday, 23 July, 10.00—11.30

### **Interview Skills—How to Get It Right**

Ronan Scally, Ballymun Jobs Club

Wednesday, 30 July, 10.00—11.30

### **Creativity Workshop-Discover Your Potential!**

Maureen Levy, Adult Educator & Life Coach

Thursday, 31 July, 10.00 – 12.00

## Health and Wellbeing

### **Psychotherapy & Counselling—Introduction**

Dr Rosaleen McElevaney, DCU School of Nursing

Thursday, 10 July, 10.00 – 11.30

### **Understanding Mental Health**

Dr Mary Kirwan, DCU School of Nursing

Monday, 14 July, 10.00 – 11.30

### **What Affects Your Health Most?**

Dr Anne Matthews, DCU School of Nursing

Monday, 21 July, 10.00 – 11.30

### **Body Image: Are We Taught to Be Ashamed?**

Dr Mark Philbin, DCU School of Nursing

Monday, 28 July, 10.00—11.30

## Green Living and Environment

**Sustainability, Society and You**, Tuesday 15 July, 10.00—11.30

Saorla Kavanagh, DCU School of Chemical Sciences

**DCU Community Garden—Tour, Demo & Planting**, Tuesday 22 July, 10.00—11.30

Samantha Fahy, DCU Sustainability

**Visit to Botanic Gardens (Guided Tour)**, Tuesday, 29 July, 11.00—13.00

Education Officer, Botanic Gardens

**Who can attend?** All welcome! Local residents, employees, organisations

**Where?** All classes take place at DCU in the Community, Shangan Road, Ballymun

**How to enrol?** Book places on one or more workshops!

Call 01 700 8851 or email [joanne.ozarowska@dcu.ie](mailto:joanne.ozarowska@dcu.ie) **All classes are free of charge!**