

July 2016



Week 1

Wednesday, 20th July, 10.00—11.30: First Impressions Last—Make Sure You Make a Great One!

Preparation for job interviews, making a good first impression, personal presentation and image
Facilitator: Deirdre Wynter, Marketing Manager, DCU Communications & Marketing

Thursday, 21st July, 10.00—12.00: Public Speaking—Take the Terror Out of the Talk

Effective public speaking and presentations, tips for speaking in public with confidence
Facilitator: Elaine Metcalfe, Adult Educator and Public Speaking Coach

Friday, 22nd July, 10.00—11.30: Social Psychology—Introduction

What makes us think, feel and behave in certain ways? Group behaviours, famous experiments
Facilitator: Orla Mooney, BSc Psychology, DCU

Week 2

Tuesday, 26th July, 10.00—12.30: An Introduction to Mindfulness

Introduction to, background and research supporting the mindfulness approach and its benefits
Facilitator: Helena Ahern, Head of DCU Counselling and Personal Development Service

Wednesday, 27th July, 10.00—12.00: Working with Digital Photographs

Digital photo editing and slideshows, working creatively with technology (iMac)
Facilitator: Kate Delaney, Digital Media Trainer

Thursday, 28th July, 10.00—12.00: Botanic Gardens Tour

A morning of leisure, recreation and education at Dublin Botanic Gardens; workshop and guided tour
Facilitator: Botanic Gardens Education Officer

Friday, 29th July, 10.00—12.00: Creativity Skills—Develop Your Creative Potential

Fun creative thinking and problem solving activities and challenges; tap into your creative potential
Facilitator: Joanna Ozarowska, DCU in the Community

All classes are free of charge!

Who can attend? All welcome! The workshops are suitable for anyone interested.

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

How to enrol? Simply book places on one or more workshops! Drop in to our centre on Shangan Road, or phone/email Ann on 01 700 8800, ann.byrne@dcu.ie