



Week 1

<p>Monday, 6th July 10.00 – 11.30</p>	<p>Drinking Alcohol: How Responsible Can We Be? Facilitator: Dr Mark Philbin, DCU School of Nursing and Human Sciences The session will discuss the issues of drinking, responsibility and the “alcogenic society”. This workshop is suitable for anyone interested in the role alcohol and the alcohol industry plays in communities and societies, or those working in a related area.</p>
<p>Tuesday, 7th July 10.00 – 11.30</p>	<p>Intellectual Disability Services Facilitator: Dr Deirdre Corby, DCU School of Nursing and Human Sciences The workshop will focus on the topic of standards, quality of life and people with intellectual disabilities, with a particular focus on the role of regulations and HIQA guidelines. This session is suitable for anyone interested in, or with experience of, the area of intellectual disability, including persons with disabilities, carers, and social and community workers.</p>
<p>Wednesday, 8th July 10.00 – 11.30</p>	<p>Creativity Skills – Develop Your Creativity! Facilitator: Joanna Ozarowska, DCU in the Community Creativity, thinking outside the box and creative problem solving have become skills most sought after by employers and in everyday life. This workshop will provide some practical tips on developing creative thinking skills for everyday and work life, and engage participants in fun creative thinking and problem solving activities.</p>



Week 2

<p>Monday, 13th July 10.00 – 11.30</p>	<p>Challenging Health Inequalities Facilitator: Dr Anne Matthews, DCU School of Nursing and Human Sciences If you are interested in what affects our health most and the issues of equality in health, this workshop is for you. There will be discussions on issues of health in society, the determinants of health, and scarcity and inequalities in health.</p>
<p>Tuesday, 14th July 10.00 – 12.00</p>	<p>Public Speaking – Nothing to Fear! Facilitator: Elaine Metcalfe, Adult Educator and Public Speaking Coach Public speaking can be daunting, but during the session Elaine will provide practical tips on overcoming the fear of speaking publicly. You will have an opportunity to discuss your experiences of public speaking and work to address your challenges. Whether it's a wedding speech, a class presentation, or an international conference you are apprehensive about – join us!</p>
<p>Wednesday, 15th July 10.00 – 11.30</p>	<p>Interview Skills Facilitator: Ronan Scally, Ballymun Jobs Club How to prepare for a work or college interview? What to expect? How to make a good impression? How to work on your confidence? These and many other questions will be discussed during this workshop.</p>
<p>Friday, 17th July 10.00 – 11.30</p>	<p>Social Psychology – Introduction Facilitator: Orla Mooney, BSc Psychology, DCU Group and individual interactions, what affects our perceptions and attitudes, what makes us think, feel and behave in certain ways, group behaviors, aggression and conformity – these are just some issues that social psychology examines. Join us for this workshop to be introduced to this area of psychology and discuss some famous social psychology experiments.</p>



Summer Programme – July 2015

Week 3

<p>Monday, 20th July 10.00 – 11.30</p>	<p>Personal Finance: Managing Your Bank Account & Online Banking Facilitator: Eithne Connolly and Cormac Ryan, Bank of Ireland, DCU Campus Branch Need to get your finances in order? The workshop will provide some practical tips on setting up and managing your bank account, online banking, access to lending facilities and the importance of savings. Tips on using social media for career purposes will also be discussed.</p>
<p>Tuesday, 21st July 10.00 – 12.00</p>	<p>Botanic Gardens Guided Tour Facilitator: Botanic Gardens Education Officer Always a summer favourite: a morning of leisure, recreation and education, and a chance to explore and admire the beautiful plants at the Botanic Gardens. Transport to and from the Gardens provided. Suitable for children too!</p>
<p>Wednesday, 22nd July 11.00 – 13.00</p>	<p>Mindfulness Based Stress Reduction Facilitator: Helena Ahern, Psychologist and Psychotherapist, Head of DCU Counselling and Personal Development Service The session will cover the introduction to, background and research supporting the mindfulness approach and its benefits. Through short and longer formal and informal practices, you will have an opportunity to explore how to live in a moment with kind awareness to yourself and your environment in a non-judgmental way. If you are interested in practicing at home, additional materials (a handbook and a CD) will be available for purchase (€10).</p>