



2nd July, Monday, 10.00—11.00: Managing Your Online Presence

Learn how to use social media to build your personal and professional brand

Facilitator: Deirdre Wynter, Head of Marketing, DCU

4th July, Wednesday, 10.00—11.30: Recognising Fake Health News

How to spot fake health news—what evidence supports health claims?

Facilitator: Anne Matthews, Professor, School of Nursing and Human Science, DCU

4th July, Wednesday, 2.00—3.30: Talking with Children About Difficult Topics

How to create good channels of communication with children

Facilitator: Rosaleen McElevaney, Assistant Professor, School of Nursing and Human Sciences, DCU

5th July, Thursday, 10.00—11.00: Creative Thinking and Writing Skills

Boost your creativity and creative writing skills during this practical and fun workshop

Facilitator: Joanna Ozarowska, Manager, DCU in the Community

9th July, Monday, 10.00 – 11.30: Positive Psychology—An Introduction

Introduction to the study of happiness—identify and focus on your strengths

Facilitator: Orla Mooney, DCU School of Nursing and Human Sciences

11th July, Wednesday, 10.30 – 1.00: Mindfulness—An Introduction

Introduction to, background and research supporting the mindfulness approach and its benefits

Facilitator: Helena Ahern, Head of DCU Counselling and Personal Development Service

12th July, Thursday, 10.00 – 1.00: Digital Media (iMacs)— Creating Your Own Website

Learn the basics of creating your own website using iMacs and Wix—bring your own photos!

Facilitator: Kate Delaney, Digital Media Trainer and Adult Educator

13th July, Friday, 10.00 – 11.30: Understanding Your Communication Style

Improve your interpersonal skills by understanding and navigating the different communication styles

Facilitator: Angela Farrelly, Adult Educator and Trainer

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 contact Gisela on 01 700 8800 or gisela.emanuel@dcu.ie