



The Counselling & Personal Development Service.

A four-week lunchtime series with Helena Ahern, Head of Counselling & Personal Development.

Mindfulness, Wellbeing & Stress Reduction Practices.

Session 1	How to Live more in the Present	Wednesday, 12th February '20
Session 2	Mindfulness of Emotion	Wednesday, 19th February '20
Session 3	How to respond rather than react to stress	Wednesday, 26th February '20
Session 4	Self-Care, a core resource to resilience	Wednesday, 4th March '20

We advise where possible to attend all 4 sessions, each session builds on the previous one. A certificate of attendance will be issued to participants who wish to attend all 4 sessions.

When:	1-2pm each Wednesday
Where:	Room HG23, School of Nursing Building, Glasnevin Campus
Admission:	Free
Open to:	All students & Staff

