Wellbeing Skills

June 2018 Lunchtime Talks in Trinity College

With Jerry Kelly

HR Learning & Development is organising lunchtime wellbeing talks for all staff.

Venue: Room 2026, Arts Building Conference Room

Talks are free and will run from 1.05pm to 1.50pm but places are limited so book early to avoid disappointment.

“Bouncebackability – building your resilience” - Wednesday 6th June and Wednesday 20th June 2018

This session will address:

- Resilience – why we already have it.
- Resilience is a process not a state.
- How to bounce back when we go “over the top”.
- Motivation and its role in resilience.
- The “noisy mind” and our emotional self.
- How to use realistic optimism to build personal resilience.
- Practical steps to build personal resilience.

BOOK YOUR PLACE:
6th June: https://bouncebackability-building-your-resilience-6june18.eventbrite.ie
20th June: https://bouncebackability-building-your-resilience-20jn18.eventbrite.ie

“Thinking outside the box” - Thursday 7th June 2018

This talk will address: Knowledge, skills and techniques to move outside the zone.

- Recognise how thoughts impact on our feelings and behaviour.
- Understand our comfort zone and how it impacts on our potential.
- Manage self-limiting beliefs, fear and procrastination.
- Understand the key motivation factors.
- Set goals and targets to move outside of the zone.
- Become a solution focused “I can do” person.

BOOK YOUR PLACE: https://thinking-outside-the-box-7june18.eventbrite.ie
“Switch on, not off” - Monday 11th June 2018

This talk will address: Recognising the symptoms, source and causes of stress.

- Managing the key driver of stress – the “noisy mind”
- Mindfulness and how it can help.
- Avoiding the “Angle of Misery” and undo unhelpful habits.
- Why we need a compelling reason to put in the effort to change behaviour.
- How to maximize your performance through a change in attitude.
- How to develop a mindful approach to dealing with unwanted pressure and stress.
- Tools/exercises to manage stress and practice mindfulness.

BOOK YOUR PLACE:  https://switchonnotoff11june18.eventbrite.ie

“Positive thinking in challenging times” Wednesday 13th June 2018

This talk will address: Realistic optimism with a dash of reframing!

- Why realistic optimism requires a positive attitude with an honest assessment of the challenges that await us.
- How to develop a solution focused attitude to the way things are.
- How to re-frame the thought process to deal with reality.
- Stepping out of the comfort zone to travel with flexibility.
- How to manage the key driver of anxiety – unhelpful thoughts.
- How to deal effectively with times of uncertainty, rumour and speculation.
- Building confidence, managing change, taking back control and setting goals.

BOOK YOUR PLACE:  https://positive-thinking-in-challenging-times-13june18.eventbrite.ie

“Tick tock, finding the 25th hour” – Thursday 28th June 2018

This session will address:

- Why mindset in relation to time is far more important than any system.
- The role of “External time” and “Inner time” in the management of time.
- It’s not Time Management, it’s Attention management - The role of attention in the way we use time.
- SAFE – the role of Structure, Attitude, Focus and Energy in the effective use of time.
- Deciding to do something and doing it can be poles apart!
- Why habits can be a waste of time.
- Practical tips for the management of time.

BOOK YOUR PLACE:  https://tick-tock-finding-the-25th-hour-28jn18.eventbrite.ie