Wellbeing Skills

2018 lunchtime sessions in Trinity College
With Jerry Kelly

Learning & Development Unit is organising lunchtime Wellbeing sessions for staff.

Venue: to be confirmed

Sessions are free and will run from 1.05pm to 1.50pm but places are limited so book early to avoid disappointment. Contact staffdev@tcd.ie or extension 2580.

“Bouncebackability - building your resilience”

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.

“Thinking outside of the Box”

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.

“Switch on, Not off”

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.