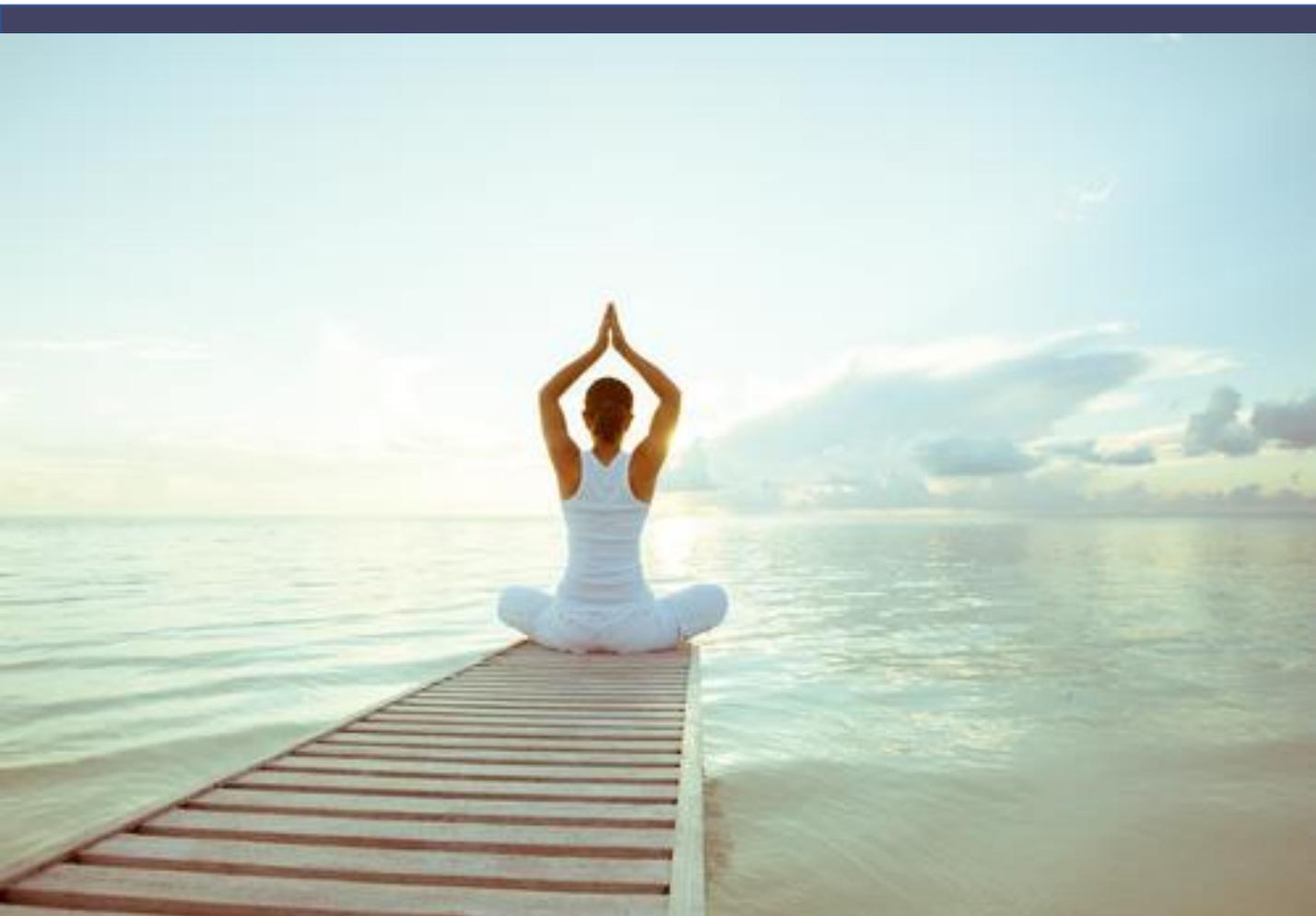




The Resilience & Wellbeing Springboard



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The Resilience and Wellbeing Workshop was launched in 2015 and delivered nationwide to the Private and Public sector. It has been delivered as an introductory 1-hour talk, a 90-minute lunch time session, a half day / full day workshop.

The Programme always generates a lot of interest and I am often asked is there a follow up workshop to find out more. It is for this reason that I now deliver an intensive programme delivered over 6 consecutive weeks in 2 hour modules.

The world of wellness is growing from strength to strength with an abundance of information available at our fingertips.

Much of what I cover comes from my own qualifications in Psychology, CBT, Roche Martin™ Emotional Intelligence and DiSC® Psychometrics. The rest comes from reading books, attending conferences, research and personal experience.

There is something for every one in the programme and I am confident that whatever model you attend you will come away with some silver bullets that will help you develop new ways of thinking, manage stress, cope with anxiety, build resilience, and live a happier and more successful life.

I look forward to working with you.

Liz Kearney



Available Modules:

- An Understanding of Stress both Good and Bad
- The Triune Brain and our Thought Process
- Triggers and Stressors
- Coping Mechanisms and Personalities
- The Link between Emotional Intelligence and Wellness
- The PERMA model and the work of Martin Seligman
- Positive Psychology
- The Science of Happiness
- Developing New Behaviours
- Building Resilience
- Making it happen – Your Personal Programme

This programme is available as an inhouse option and can be delivered in person, online or a combination of both. It can be tailored to suit your schedule and your budget. To discuss these options and more, please book a **FREE TIME SLOT** with me on the link below or email me at: lizkearney@lklarningsolutions.ie

[Book Your Free Time Slot Here](#)





Facilitator



Liz Kearney is a professional trainer and a qualified Business Coach. She has worked extensively with both the Public and Private Sector, Credit Unions and SME's. She is an Authorised Wiley Partner and an Accredited Practitioner in Everything DiSC®. She is also a Certified trainer in Emotional Intelligence and the Roche Martin Emotional Capital Report – ECR®. She is a Qualified Financial Advisor (QFA). She holds a diploma in psychology, Cognitive Behavioural Therapy and Emotional Intelligence and is currently studying mediation with the MII and a Post Grad Certificate in Workplace Wellness in Trinity College Dublin.

Next Steps

[Register Your Interest Here](#)



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What the Participants Said

- *"Inspires motivation to overcome negativity of thought"*
- *"Honestly think that this will have a very positive impact on my life."*
- *"Brilliant one of the best courses I have ever attended"*
- *"Excellent workshop. Time was too short, content excellent and informative and a wonderful delivery."*

"Very structured, interesting informative and worthwhile."

"I would have enjoyed having a two-day course on this topic. The group were really open and friendly".