

Mental Health and Wellbeing Workshops

COPING WITH STRESS

- Recognising stress and burnout
- Understanding types of coping strategies and their uses
- Developing coping strategies that fit with your lifestyle



SUPPORTING THE MENTAL HEALTH OF TEENAGERS

- Understanding young people's mental health
- Recognising distress
- Talking about mental health
- Supporting your teenager's mental health.



HELPING CHILDREN AND YOUNG PEOPLE TO COPE WITH ANXIETY

- Understanding anxiety
- Recognising anxiety
- The impact of avoidance
- Practical coping strategies



ADDITIONAL EXAMPLE TOPICS

- Minding your own mental health
- Returning to work after sickness/absence
- Assertiveness skills
- Supporting students with exam stress
- Workshops can be developed to meet your specific needs



PRACTICALITIES

- Workshops are generally 60-90 minutes
- Can be tailored to meet the needs of your organisation
- Delivered online via zoom or face to face in Dublin area



CONTACT

Jen Trzeciak is an Occupational Therapist with over 20 years experience working in mental health services. She works with young people and adults with mental health challenges affecting their day to day life. Jen is also a qualified trainer and has developed and delivered training, workshops and webinars for a range of organisations, schools and universities.

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