



WORKING IN PARTNERSHIP WITH
THE 'HEART OF FRONTLINE PRACTICE' ALLIANCE TO OFFER:

REFLECT & RE-ENGAGE!

EXPLORING WORKPLACE CHANGE & MENTAL HEALTH
IN THE CONTEXT OF THE CURRENT PHASE OF THE COVID-19 PANDEMIC

An innovative, free, on-line, four-week professional support programme
for **Cork workplaces** (open to Private, Public and Community & Voluntary Sectors)

Four Tuesday afternoons (March/April)

or

Four Wednesday mornings (April/May)

Programme Focus

- Connecting with ourselves & each other
- Exploring how we navigate the new challenges of how we work and relate to each other in the workplace
- Exploring how we adapt and respond as humans
- Exploring how we can continue to support ourselves and care for our mental health & well-being

Course A

Tuesday Afternoons (3.30-5.30pm)

Facilitator: Dr Nicola O'Sullivan

March 15, 22, 29 & April 12

Why this Programme?

- A safe, confidential, reflective space to think and feel
- Small group size (maximum 10)
- A nurturing shared experience in a supportive, reflective environment
- An opportunity to avail of support
- Independently facilitated

Course B

Wednesday Mornings (10am-12pm)

Facilitators: Susan O'Regan & Michelle Fitzgerald

April 27, May 4, 11 & 18

'This is an opportunity to pause, connect and reset: a supportive space to feel seen, heard and valued.'

To book a place:

Contact: Aoife Ni Chonchuir

aoife.nichonchuir@hse.ie

Mobile: (087) 2288271

'The Heart of Frontline Practice' Alliance

Our vision is to create safe spaces where we can all 'hold each other in mind'.

<https://www.relationshipsinpractice.ie>



Relationships in Practice

