

Dear Principal/Teacher,

I hope this letter finds you well, given the current circumstances. We have recently advertised one of our webinars and have had contact from schools asking if we would run it for their Leaving cert students during well-being week and S.P.H.E. class etc. As a result, we are offering this to any schools who may be interested.

The webinar is approximately 1 hour in duration. The webinar is hosted by psychotherapist and group facilitator, Laura Dennehy. Dr. Maeve Martin, Clinical Psychologist will also join for a time, to discuss some of the challenges facing this age-group.

The style of presentation is engaging and encouraging. There is some time for written, reflective exercises to allow students to delve a little deeper into the content that has been presented. We will also engage in some practical breathing strategies to release some stress and tension during the webinar. The aim is to give space and understanding to participants. They should gain a better understanding of their own response to the current circumstances, an understanding on what motivation is and how to harness it, some stress & anxiety-releasing techniques, and an overall sense of encouragement. Cameras are off as this is webinar-style, allowing for further privacy for all. The fee for this webinar is €300.

If you have any questions or are interested in having Inform host a webinar for you on this, or other topics, just get in touch. I have included the webinar ad from our social media pages below. (Find us on Instagram; @informpsychology and on Facebook; Inform Psychological Services)

Wishing you well with the rest of the school year, in whatever form that may take.

