

Conference Report Sheet

Councillor Name	Declan Flanagan
Conference/Seminar Name	AILG briefing for Elected Members on Mental Health & well being
Conference/Seminar Topic	AILG September Training, Well being
Venue/Location	Clayton, Tivoli, Cork
Date (s) of Conference	22 & 23 Sept

Brief Summary

A number of important issues were raised including

Stress Management & Personal Resilience and how to deal with same.

The following points were mentioned to us in detail

People in all walks of life have days that are sometimes good, sometimes bad, and, most of the time, somewhere in between.

Councillors are not exceptional in this regard but their frontline role in the public arena does bring specific demands. The seemingly endless round of meetings, the cut-and-thrust of political life, and the way in which social media demands instant results – all are among the pressures which can impact on a Councillor's well-being.

AILG felt that a training seminar like this was very necessary for Councillors. The course looked at ways in which Councillors can draw from the positive aspects of their roles to help sustain them when the going gets rough. The panel of speakers are all serving Councillors. Some excellent speakers in attendance including

Cllr Shane P. O'Reilly, Cavan County Council,.

Cllr Breda Gardner, Galway County Council

Cllr Jason Murphy – Waterford Council elected in 2014

Cllr Pio Smith Mayor of Drogheda Borough District

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AS	
It was a relevant training seminar covering the real issue of Mental health and Well being.	
Declaration	
I certify that I attended the above-mentioned Conference/Training Seminar.	
Signed by	Date
D J Longan	23/9/17