

Learning Objective

We all need to have good mental health, more especially in political office where we make crucial decisions which affect the masses. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices and decisions. Poor mental health can affect our physical health and our ability to concentrate. Work in fact, is actually one of the best things for protecting our mental health, but it can also adversely affect it.

Mental health is about wellness rather than illness and is not merely the absence of a mental health condition.

Our conference aims to help you understand your own mental health and wellbeing and to be aware of some of the factors that can affect it in your work as a public representative. We also explore some of the ways mental health and wellbeing can be fostered, supported and enhanced as an individual, in the community and in your work.

Conference Fee
€100



VENUE

O'DONOVAN'S HOTEL
CLONAKILTY,
CO. CORK



Professional Event Organisers
Present a Conference on

Protecting your Mental Health as a Public Representative

**3rd, 4th & 5th
March 2023**

The conference organisers reserve the right to change any of the details of this programme to facilitate the safe and efficient running of this event in line with Government Covid-19 guidelines.

MICK HANLY
086-8747558

PETER HAYES
087-9381901

INFO@CELTICCONFERENCES.COM

CONFERENCE PROGRAMME

Friday 3rd March 2023

6pm to 7pm- Registration followed by Welcome Address and Official Opening

Saturday 4th March 2023

9am to 10am - Registration followed at 10.15am with

How to Communicate Effectively

11am -Comfort break followed at 11.30am with

Understanding and Maintaining your Authentic Self

Lunchbreak at 1pm followed at 2.30pm

How Attachment & Personality Styles Play out

Sunday 5th March 2023

Conference overview and exploration of topics covered in conference followed by a learning experience analysis.

Facilitated by Conference enabler.

Close Conference

Celtic Conferences

Celtic Conferences is an event management and conference company incorporated in 2008. Since its formation the company has been providing a variety of different events and conferences, ranging from 1 day to 3 days in duration.

We help organisations achieve quality learning outcomes by motivating, energising and inspiring learners to help discover their passion and potential and develop skills, knowledge and behaviours that are readily and immediately transferable to the workplace.

SPEAKER

Mari Hanly is a counsellor and psychotherapist based in West Cork. She holds a Masters in Integrative Psychotherapy and a B.A. Honors degree in Counselling and Psychotherapy. She is fully accredited with the Irish Association of Counsellors and Psychotherapists. She specialises in individual and couple's therapy. She is trained in Eye Movement Desensitisation and Reprocessing (EMDR) therapy which is particularly effective in anxiety and post traumatic stress disorder (PTSD).