



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

RE-FLECT & ENGAGE!

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

An innovative, free, on-line, four-week professional support programme for Cork
Private Sector workplaces

Wednesday Afternoons: 2-4pm

24th March, 31st March, 7th April & 14th April 2021

Programme Focus

- Connecting with ourselves & each other
- Taking Stock: exploring the impact (positive & negative) of the changes brought about by COVID19
- Exploring resilience: how we can support ourselves and care for our mental health & well-being

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

'The coronavirus situation provides an opportunity for all of us to pause, reset, and step up.'

Otto Scharmer

To book a place

Contact: Aoife Ni Chonchuir,
aofe.nichonchuir@hse.ie

Mobile: (087) 2288271

This course will be facilitated by 'Reconnecting with the Heart of Frontline Practice' Alliance. Our vision is to create a safe space where we can all 'hold each other in mind'.

<https://www.ageisteacht.com/contact>

