



Mental Skills

Live Workshop (Online or Onsite)

Introduction

In times of change, particularly uncertain change, some people sink, while others learn to swim with the flow. What separates these outcomes is our mindset, and our belief that we can navigate the challenges that life inevitably throws our way.

What's Included?

In this workshop, we will:

- Discuss the facilitators personal journey of change
- Highlight the link between our thoughts and emotions
- Discuss the mind-body connect and the biology (and neuroscience) of emotions
- Emphasise the danger of negative thinking and limiting beliefs
- Highlight the power of acceptance and letting go of what we cannot control
- Provide practical tools that will help people to overcome challenges and embrace change

Learning Outcomes

On completion of this workshop, attendees will:

- Learn how to use challenges as fuel for growth
- Become more self-aware of negative self-talk (e.g. inner critic) and limiting beliefs
- Learn how to challenge and reframe limiting beliefs and negative self-talk
- Develop emotion-regulation tools and learn how to catch emotional hijackings in full flow
- Develop a framework to help recognise what you can and cannot control
- Learn how to reduce anxiety and stress in the moment



Online

- 1-hour interactive online workshop (Zoom is preferred).
- Zoom Pro limit is 100 attendees. Client is welcome to host using their own platform
- Price: €1,500 ex VAT which will include any group activity outputs.

Onsite

- 1-hour interactive onsite workshop (Dublin). Email for other location options.
- Price: €1,750 ex VAT which will include any group activity outputs.

About the Workshop Facilitator

Brian Pennie PhD

*On October 8 2013, [Brian Pennie](#) experienced his first day clean after 15 years of chronic heroin addiction. Since embracing his second chance at life, he has become a doctor of neuroscience and psychology, consultant to some of the world's largest corporations, a neuroscience lecturer in Trinity College and University College Dublin, a life-strategist, and author of his memoir, *Bonus Time*.*



Contact Details

Email: brian@workwellireland.ie

Phone: 0876422957

Prepared by: [Brian Croke](#) / [Workplace Wellbeing Ireland](#)