



"I've been through terrible things in this life - and some of them actually happened!" ~ Mark Twain

"Nothing is good or bad, thinking makes it so" ~ Shakespeare

"With our thoughts, we make our world" ~ Buddha

"These are small. But the ones out there are far far away..." ~ Father Ted

Stress can distort how we see the world, and skew our perspective, so that we often cause ourselves and others unnecessary upset with our drama - but we can

learn awareness and self regulation through practical cognitive behavioural training plus a big slice of neuroscience.

Book a fast fun and effective seminar or flexible module workshop to introduce your workplace to **the cognitive science of our mental filters** - and how to **dial down the drama with rational thinking skills.**



(Assumes on-site in Dublin city centre - or call for a quotation to bespoke/ include expenses.)

All I need is a venue and a projector, attendee numbers can be unlimited for the seminar, and up to 36 for the group dworkshops.

Contact, Veronica Walsh, CBTandFeelingGood.com, 30 Wicklow Street D2,
veronica@CBTandFeelingGood.com / 086 8113031 for more information.

Click [HERE](#) to open a new window to my workshops website page, where you will find flexible module training newsletters and outlines.

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