

www.CBTandFeelingGood.com



VERONICA WALSH

Cognitive Behavioural Therapy & Training

SUITE 16, TOP FLOOR, 30-31 WICKLOW STREET, DUBLIN 2

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Beyond standard well being training, structured **cognitive behavioural training** has proven to teach life changing skills that stay with engaged learners forever.

I turn science into training - with fast fun and practical workplace seminars and workshops for very real skills and good outcomes.

Dip in with introductory training that introduce practical cognitive science to your employees:

My training is engaging and graphics and key-ideas led (sort of TedTalk style). All I need is an onsite training room and projector, and engaged learners.

My training covers the following suggested topics for a bespoke series of seminars or workshops to upskill your teams, simply call for a training needs analysis:

90 Min Seminar
€250

½ DAY
WORKSHOP
€400

1 DAY
WORKSHOP
€785

Testimonials and evaluations page link.

Workshops info page link.

[Free online guided self help resource link.](#)

[Contact me page link.](#)



Veronica Walsh - Cognitive Behavioural Training Specialist

30 Wicklow Street - Dublin 2 - www.CBTandFeelingGood.com - 0868113031

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