

www.CBTandFeelingGood.com

Promoting psychological health & well being through
Cognitive Behavioural Therapy & Brainskills Training

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Youth Confidence Training - 'Getting JOB READY'



Book cognitive behavioural training and mind mapping workshops to equip your unemployed clients with **the confidence and motivation to enter further education or training or placement/employment** - this is foundation training to prepare psychologically, emotionally and practically - to get 'job ready' - CBT is proven in measured studies to help remove the barriers to employment/training, and has been proven to 'largely maintain its effects on participants over a two year period'.

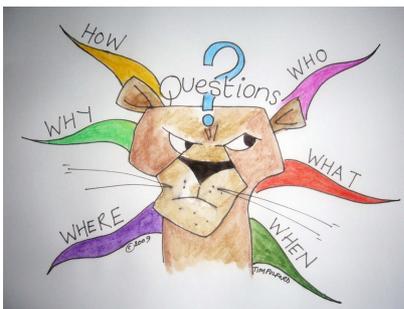
This workshop is not group therapy, it's not about positive thinking, it's not about lecturing and hectoring...

... it is modern practical non judgemental training to give participants tools to **literally change the way they think and feel and behave** - through understanding:

- **CBT** - the practical science of *why and how we think and feel and behave the way we do*, with strategies to examine and change when it's not getting us where we want to go.
- **and Fight or flight** - the primal wiring & biology of human beings when our minds tell us there's an imminent danger or hazard - and strategies to manage it.

Scroll to the end to see evaluation comments from participants.

.... plus an introduction to Mind Mapping and Visual Note Taking



The workshop will also introduce participants to **Mind Mapping and Visual Note Taking** - the amazing complementary 'whole brain' skills that allow you to **learn, organise, and store information in your head for easy understanding and recall**, these are invaluable tools for interviews, presentations, studying, projects and exams.

Objectives: by the end of the day, engaged learners will:

- Understand the theory and application of CBT
- Understand the bodies Fight or Flight response
- Be able to create a mind map
- Be able to visually note take.

Short seminars
from
€200

½ day
workshop
from
€400

1 day
workshop
from
€800

2 day
workshop
from
€1,500

6 x 1hr Weekly
Seminars from
€1,299

CBT & Mind Mapping Smart Skills

- Flexible modules - can be tailored to requirements - half day, one day, two day or four day session plans...
- This pricing assumes onsite (Dublin) for up to 28 participants - just supply a training room, projector & flipchart

- Format: experiential - learning by discovery: mix of a resource workbook + PPT + flipchart + multimedia + discussion

A sample of comments from the youth group (18/25) on a 6 x half day workshop I gave at the Northside Partnership LES:	
How do you feel on the last day?	What difference, if any, has the programme made to you or your thinking?
Sad :- (Glad that I went. Satisfied and proud.	I contemplate why I think certain things, and I think more realistically instead of just jumping to conclusions and thinking just negatively straight away.
Sad to finish.	A lot. I feel like I can take on the world and then some now, looking forward to my future now.
I looked forward to coming in and learning more about mind mapping.	It's given me confidence and belief to do more with my life.
Sad and wish it could continue for longer.	Has taught me a lot, the way you feel is the way you think.
Saddened. It was a good course and I met some very interesting characters.	It's made me more relaxed, and it makes me think through situations more efficiently.
As I said, I would make the time duration longer.	Well, I'll keep active, and be deffo getting up in the mornings to look for courses.
I feel great, thinking about doing college, get me that little bit forward.	It has made me think before I make mistakes, life's getting shorter, need more forward.
Happy with what I learned	It made me think in a different way.
I wish it was longer, it was fun.	Yes, it gave me more motivation to get up and out early.
Great buzz, really enjoyed it!	A lot! I'm a lot more calm and considerate, feel I've mastered my emotions.
Very good!	Made me think more about my own thinking.

Click [HERE](#) to see the **Irish Times** feature article on my '**CBT for the Unemployed**' workshop:

Click [HERE](#) to open the post '**A CBT look at the negative effect of unemployment on mental health**'

Website: www.CBTandFeelingGood.com

Blog (free self help online resource): iveronicawalsh.wordpress.com

Contact Veronica Walsh at 086 8113031 or at veronica@CBTandFeelingGood.com for more information or to request a meeting.



*** These are evidence based experiential workshops based on best practice -**

Dpt of Psychology, Inst of Psychiatry, Kings College London - conclusion from the results of the study titled: [Can the effects of a 1-day CBT psychoeducational workshop on self-confidence be maintained after 2 years?:](#)

*"The overall results of this naturalistic study indicate that a very brief, intensive, and large scale intervention **can largely maintain its effects for participants with depression over a 2-year period.**"*

Notes: all pricing assumes a Dublin location. Call for a revised quotation if you want the workshop organised offsite (specify preferred area and parking slot requirements. Pricing excludes expenses if outside Dublin, call for a quotation.

**Find out more about our psychological health and wellbeing [Group/Corporate Workshops](#)
or [One to One Sessions](#) for individuals.
E&OE**

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Call **086 8113031** for more information.

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