Aim: To improve employability skills with an introduction to evidence based psychological training for everyday life - for great coping skills, confidence, motivation, outlook & well-being.

Personal development: Apply CBT Thinking Skills to everyday life:

Book a workshop and equip your unemployed clients with the confidence and motivation to help secure employment, and to make a success of the 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 subjective barriers to re-employment, and short intensive workshops based on best practice have been proven to 'largely maintain 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 fun modern practical non judgemental 'learning by discovery' training that gives participants tools to literally change the way they think and feel and behave

* scroll to the end to see evaluation comments from group participants

... + an optional module of an introduction to Mind Mapping for interview/study skills:
brain for easy understanding and recall - these are invaluable tools for interviews, presentations, public speaking, and studying.
Call for more information.

Aims & objectives: by the end of a multi module Job Ready workshop, engaged learners will:

- Understand the theory and application of CBT
- Understand the body's physical stress response & how to manage it
- Be able to create a mind map

Workshop options and standard pricing:

Flexible modules for any requirements of a mix of modules to fit schedules and needs.

- Format: experiential/learning by discovery - mix of an original resource workbook, powerpoint + flipchart + video + audio + discussion. With free online resource available to participants afterwards.
- Notes: all pricing assumes a Dublin location. But feel free to call for a revised quotation if you require the workshop in another region (I am available to travel anywhere you have a contract), and/or if you do not have a direct training premises and would like me to organise it offsite (specifying your requirements).
- Workshop days can be any bespoke bundles of half days or whole days, and please note that pricing excludes the cost of workbooks if less than 2 x modules are booked. Pricing can be negotiated for guaranteed multi-bookings.
- Contact Veronica Walsh at 086 8113031 or at veronica@CBTandFeelingGood.com for a quotation, more information, or to request a meeting.

Snapshot examples of learner evaluations
(I have not cherry picked - these are from long term unemployed participants who attended a Northside Partnership workshop together - made up of 4 x half-day modules across one week)
What difference, if any, has the programme made to you / your thinking?
I've learned to stay calm and not to let stress get me down or prevent me doing the things I want.

How do you feel today, the last day of the programme?
Good. I'm feeling happy because this course is really useful and it helped me change my mind and the way I'm thinking.

What difference, if any, has the programme made to you / your thinking?
I've learned a lot of useful tools to help me in life and hopefully getting a job.

What difference, if any, has the programme made to you / your thinking?
It makes me rationalise more. Life isn't that bad and there is hope. Makes you think more positive and not get so worked up when it comes to jobs and interviews.

What difference, if any, has the programme made to you / your thinking?
I can already see the difference in how I react to people and how they act. My thinking is gonna be a lot more positive already.

What difference, if any, has the programme made to you / your thinking?
An insight into problem solving, within one's self.

Click HERE to open a window to my Confidence Training for Youth Unemployed newsletter

Update: testimonial from The Labour-market Inclusion Programme (LIP), Northside Partnership:

“Veronica Walsh recently completed one to one CBT sessions with a number of our clients. These clients had reached a certain point in their lives and their recovery from addiction and were unable to move forward. This left them struggling to commit to attending anything that might help. Veronica worked with these clients where they were at and tackled their individual blockages with them. She taught them strategies to recognise and overcome similar situations if and when they should arise again. Client attendance for the 5 week Programme was 100% and all clients have since expressed an interest in continuing this work. The insight into their
self-sabotaging thinking has empowered these clients beyond recognition. I think that these results speak volumes for her work, her understanding of people and her empathy for them and her commitment to facilitate change in their lives. (Sarah Farrelly)

**Quotation from the Institute of Psychiatry, University of London:**
(Dr Judith Proudfoot PhD, Prof David Guest PhD, Jerome Carson MSc, Graham Dunn PhD, & Prof Jeffrey Gray PhD)

* “Psychological training improves mental health and job-finding among unemployed people.”*

The negative psychological effects of unemployment are well documented. Further it has been established that these effects often prevent re-employment. The need for interventions to help unemployed people to minimise such psychological effects is clearly warranted, yet little psychological help is usually given. This study describes a psychological intervention based on CBT. we adapted these principles to create a group training programme for a non-psychiatric group of long term unemployed.

The results demonstrated that significantly more of the CBT group than the control group improved on measures of mental health, as well as on success in job-finding: indicating the value of psychological interventions in reducing the negative psychological effects of unemployment, and helping the unemployed find jobs.

*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."