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A practical and fun workplace *well being training* seminar:

"THE SCIENCE OF CAVEMEN IN SUITS"

Did you know that neuroscientists call executives '**cavemen in suits**' because the workplace makes us prone to our most primal unhelpful instincts, and that we humans are king of the jungle, but we have an innate capacity to cause ourselves a lot of unnecessary upsetness in response to our environments? But we can uncause that upsetness with Cognitive Behavioural Training (CBT).

CBT gives us the tools to build awareness and smart management of our amazing brain - is a practical introduction to the core theory and application of modern evidence based psychotherapy and cognitive science for very real **new skills in self management and well being**. It's **fast**, it's **fun**, it's **effective**.

I change the focus from therapy to education. Taking therapy out of the counselling rooms as personal and professional development for everybody - it is NOT group therapy, it is not 'depression training', it is not 'sickness training', **it is happiness training**. It's a science, believe it.

Try it out and measure outcomes. Book a presentation or workshop for your employees: from €250 euro, on site in your premises, for as many attendees as your venue can accommodate. I just need a training room with a projector and engaged learners...



EXAMPLE CLIENT TESTIMONIALS:

'I thought this was one of the best presentations I've seen in a long time. Veronica was so engaging and managed a difficult subject with humour. I'd very much recommend Veronica's talk to everyone.' ULSTER BANK

'Veronica is an excellent and compelling advocate for CBT: her presentation content, coupled with her engaging speaking style, greatly added to the experience of our event for attendees'. NATIONAL COLLEGE OF IRELAND

'Veronica is engaging, inspiring and compelling. A breath of fresh air, we highly recommend her for staff development.' CALASANCTIUS COLLEGE

'Veronica is a gifted trainer whose down-to-earth approach is tailored for every client'. UNIVERSITY OF LIMERICK

'The insights into their self sabotaging thinking has empowered these clients beyond recognition'. NORTHSIDE PARTNERSHIP

Click [HERE](#) to link to more testimonials from my clients.



Cognitive Behavioural Training is a 'rational thinking skills' psycho-educational model that is measured and proven to literally teach engaged learners '**how to be happier**' – [improving wellbeing in all measures](#),

and helping people to **change how they think and how they feel and how they behave** – to a psychologically healthy frame of mind – with immediate and ongoing effects and results.

Further HR iNfoNewsletter and site links:

Why Happiness Matters in the Workplace

**Cognitive Behavioural Training Improves
Employee Well Being in all Measures**

Newsletters for Training and Workshops

Click [HERE](#) to link to my Workshops website page.

Note: pricing assumes onsite in Dublin City but training is available nationwide - call for a quotation.

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