



Emotion-Focused Skills Training (EFST) For Schools



OUR TEAM

Dr. Ciara Joyce, clinical psychologist, and Orla McLoughlin, counselling psychologist, are clinicians and trainers with decades of experience working therapeutically with young people in distress and providing training to educators and support staff.



YOUR TEAM

School staff are highly-trained experts in education. But as you are faced with increasingly complex and difficult challenges with your students in the areas of emotions, behaviour, motivation and interpersonal relationships, it can feel like navigating these challenges uses up all your time and energy, leaving you feeling depleted and discouraged.






OUR APPROACH

Emotion-focused skills training (EFST) is simple and effective. We equip school staff with the knowledge, skills and confidence to navigate and resolve these challenges in your daily work as they arise. without escalating the problem, allowing you to get back to the job of teaching.



Emotion-Focused Skills Training For Schools

WHAT WE CAN OFFER

-  Staff training in simple tools you can learn quickly and implement immediately in your interactions with students, colleagues and parents
-  Training that is practical, interactive and relevant to the specific experiences and challenges in your school
-  Building on your existing skills and expertise, and compatible with other wellbeing approaches you use in your school

Premium Package

- Full day staff training
- 2 hour staff follow-up session after at least 1 month
- 3 Wellbeing workshops for students
- 1 hour workshop for parents delivered twice included **free**

€3900

Standard Package

- 6 hours of staff training (Croke Park hours)
- 1 Wellbeing workshop for students
- 1 hour workshop for parents included **free**

€2500

Basic Package

- 2 hour staff webinar (Croke Park hours)
- 1 hour webinar for parents included **free**

€490



info@emotionskillsireland.com



089 2051369