

# Emotion Focused Skills Training 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

Our training 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.

## WHAT WE CAN OFFER



Staff training in simple tools you can learn quickly and implement immediately



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

## BUILD A PACKAGE

We will work with you to create a bespoke wellbeing package for your school, with as much or as little ongoing support as you need. We can also provide training for parents and wellbeing workshops for students.

## CONTACT US

