***Workshop Descriptions***

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| **Workshop Title** | **Description** |
| **Building our Self Confidence** | How we view ourselves shapes and determines a good deal of our behaviour.  If we want to change how we feel about ourselves and how we behave, we need to address issues in respect of our own self-esteem and confidence.  This workshop defines what self-confidence and self-esteem are and details ways to begin improving our confidence and self-esteem |
| **Gardening for Wellbeing (10 week in-house workshop)** | Are you interested in learning how you can improve your overall wellbeing through gardening and connecting with others? If so, why not become part of a social gardening group, with a relaxed, friendly, fun atmosphere.  We would like your help in further developing our garden into an open space that reflects wellness and recovery, where people can sit, relax and enjoy. The benefits of this can’t be underestimated and it can be a great boost to your overall wellbeing.  The aim of this workshop is:   * To offer people an opportunity to explore the link between gardening, nature, wellness and wellbeing, while having the practical elements of planting, sowing and digging. * To connect to others, learn more and have some fun. |
| **Learning Self Compassion and Kindness to myself (Morning workshop)** | Do you ever feel cut off from other and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself, do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures rather than your strengths and successes? Developing self-compassion and learning to be kinder to ourselves is possible for everyone. This workshop will explore what self-compassion is and how to overcome barriers to developing it. |
| **Loneliness, Isolation and Reconnecting**  **(3 week workshop)** | Many people are affected by a feeling of loneliness and isolation. Recent and up to date studies show the negative effects Loneliness and isolation can have on our overall health and wellbeing.  The aims of this workshop are:   * To explore how loneliness and isolation impacts on all aspects of life * To share ideas on how loneliness and isolation can be positively addressed * To identify practical ways of reconnecting with society and making new connections. * To explore what’s available in your local community both online and in person. |
| **Managing Emotions (12 week workshop)**  ***To get the full benefit from this series of workshops , it is recommended that you attend all sessions*.** | This course is designed to strengthen a person’s ability to handle stress without losing control or acting destructively through teaching a number of important skills. So, what are these skills and how will they help you? This course will teach 4 critically important skills that can both reduce the size of emotional waves, and help you keep your balance when these emotions overwhelm you. The 4 skills are;   1. **Distress Tolerance Skills**will help you cope better with painful events by building up your resiliency and giving you new ways to soften the effects of upsetting circumstances. 2. **Mindfulness Skills** will help you experience more fully the present moment while focusing less on painful experiences from the past or frightening possibilities in the future. Mindfulness will also give you tools to overcome habitual, negative judgements about yourself and others. 3. **Emotional Regulation Skills** will help you to recognize more clearly what you feel and then to observe such emotions without getting overwhelmed by them. The goal is to modulate your feelings without behaving in reactive, destructive ways. 4. **Interpersonal Effectiveness Skills** will give you tools to express your beliefs and needs, set limits, and negotiate solutions to problems - all the while protecting and treating others with respect.   At the end of the course by ‘putting it all together’ you will learn how to integrate all of these skills, in order to make them a regular part of your life. The hard part will be making the commitment to do the exercises and put your new skills into practice. Nothing will change by just listening and reading unless you implement - behaviorally - the new techniques and strategies that you will learn. That is why there will be in between session practice suggestions. |
| ***Mental Health and Family Caring, Supporting the Supporter***  ***(5 week workshop)*** | Mental Health and Family Caring: Supporting the Supporters, is a five-week programme for family members supporting a loved one living with a mental health challenge. It was coproduced in partnership with [Family Carers Ireland](https://familycarers.ie/?external=1) and people with lived experience of a mental health challenge alongside family members.  The Mental Health and Family Caring booklet was coproduced with input from participants of the programme and gives some insight to the content of the programme. You will receive this booklet when you register. The programme and booklet cover the following modules:  1. Let’s Talk Mental Health,  2. Family Recovery,  3. Communications,  4. Boundaries, and  5. Supports and Services.  For more information contact the Recovery College South East 056 7703666 or your local Mental Health Ireland Development Officer [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie) |
| **Much more than Words** | “Much more than words” – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go! |
| **Personal Development Programme (8 weeks)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | 1. **Introduction to Personal Development**   The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.   1. **Self-Awareness**   The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living.   1. **Developing Positive Thinking**   The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.   1. **Building our Self –Confidence and Self Belief**   The aim of this session is to define and discuss self-confidence and belief in self, to empower participants to develop practical ways for building their own self-belief.   1. **Assertiveness**   The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills.   1. **Effective communication**   The aim of this session is to explore the concept of communication and the role it plays in your life and to develop effective communication skills through exploring a range of tips and tools.   1. **Maintaining Motivation**   The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.   1. **Self-care and Wellbeing**   The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self- care tips and tools to be able to manage and reduce stress in their day to day working and personal life.  **Reflective Session**  Delivered 4-6 weeks after completion of the programme, to check in with the Group and revisit areas of learning. |
| **Positive Thinking**  **(Morning Workshop)** | The power of positive thinking is remarkable. Developing a positive attitude can transform you whole life for the better. The aim of this workshop is to:   * Explore ways we practice positive thinking ourselves * Provide practical tips and tools to maintain positive thinking patterns |
| **Self Belief**  **(Morning Workshop)** | Self-belief is a person’s belief in their ability to complete tasks and to achieve their goals (Bandura, 1995). This 2-part workshop will explore the term self-belief and how it can influence your life in many ways. It will also look at different ways of how to enhance your level of self-belief.  The aim of this workshop is to:   * Discuss the term self-belief ad explore what it means to you * Gain an understanding of how self-belief can influence your sense of self and identity * Explore skills and strategies which help develop self-belief |
| **Support group for people who live with Anxiety** | This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety, what worked well for you, the day-to-day challenges of living with anxiety, a chance to share your knowledge with and also learn coping tips and tools from others who have experience of anxiety. **This group is open to everyone and will meet the last Monday of every Month from 10am-11am.** |
| **Understanding and Managing Anxiety**  **( Four week workshop )**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.  The aim of this four-part workshop is:   * To explore the facts around anxiety * To explore the causes and symptoms associated with anxiety * To look at how anxiety affects people in different ways – * To explore practical and effective ways of managing and living with anxiety. |
| **Understanding and Living with Hearing Voices**  **(Morning workshop)** | The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience.  These voices can have distinct content, identities, meaning and impact on the person experiencing them.  The aim of this workshop is:   * To gain a better understanding of the common nature of voice hearing, * To explore the different individual experiences within the group * To discuss and share ideas for managing and living well with hearing voices |
| **Understanding and Living with Psychosis/Paranoia**  **(Morning workshop)** | Psychosis /paranoia can be experienced as having a different sense of reality to other people or hearing voices. While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis/paranoia and learn effective ways of living well it.  The aim of this workshop is:   * To help you to understand psychosis and paranoia through exploring existing knowledge and different perspectives around the topic * To provide coping strategies for living with psychosis/paranoia and for promoting recovery |
| **Understanding and Managing Anger**  **(Morning workshop)** | What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life?  Anger is a natural powerful emotion that we all experience from time to time. However unchecked, it can impact negatively in our lives.  The aim of this workshop:   * Discuss how to manage and be in control during moments of anger so that you can live well and ensure your wellbeing during those moments. * Explore what anger is and its effects. * Recognise our own anger cycle and identify strategies to work with. * Look at the process of anger and ways of truly dealing with physical and emotional responses. * Recognise the feelings and thoughts that are hidden behind our anger. * Understand the importance of effective communication when dealing with challenging situations will also be explored. |
| **WRAP – Level 1**  **(2 day workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain  wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. |
| **Writing Group** | Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It’s fun, it’s entertaining and it is also a great way to meet new friends.  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.  So, come along, join the group and give it a go. Looking forward to meeting you. |

Greenshill

Kilkenny

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**Enrolment Form**

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| **Course title** | **Commencement date** | **In-house or Online (Zoom)**  **Please tick your preference below** | |
|  |  | **In-house** | **Online (Zoom)** |
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| **PLEASE COMPLETE USING BLOCK CAPITAL LETTERS** | | |
| **Surname:** |  | |
| **First name(s)** |  | |
| **Address:** |  | |
| **Telephone:** | **Mobile** | **Home/Work** |
| **Email:** |  | |
| **Contact Details in Case of Emergency:** | **Name** | **Number** |
| **Where did you hear about the Recovery College** |  | |
| **Please tick the box that best describes you** | **Service User/Lived Experience\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Family Member/Carer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Service Provider (Area of Work) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other (Please specify)/Prefer Not to Say\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.** | | |

***All our Workshops are free of charge.***

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| **Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)** |

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



*Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence” Mental Health Discussion Group Clonmel 2013*

