

Building Connectedness in Our School Communities

WEEK 2 OCTOBER 11TH – 17TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 4

"Parenting in Challenging Times: Happy Parent, Happy Home"

A TALK AIMED AT PARENTS

by Sheila O'Malley

*One of Ireland's leading Professional Trainers and Public Speakers
on Wellbeing whether Personal, Workplace or Family*

Sheila has worked for many years with Ireland's leading Healthcare providers and their clients delivering Workplace Wellbeing talks. In addition, Sheila works directly with most of Ireland's top companies (Apple, Google, JP Morgan, Microsoft, PWC, Arthur Cox, Pfizer etc) where she speaks on Work Life Balance, Resilience, Mental Fitness and Emotional Intelligence as well as Personal & Family Wellbeing.

Sheila combines a professional approach with a facilitative style that is warm and engaging. With her personable approach, she delivers material in a relaxed and enjoyable manner that is always well received. Sheila is a regular contributor to National press & Media.

How do you feel? Are your reserves used up? Everyone will benefit if you take the time/attention you need now. Otherwise...

If you keep doing what you have been doing, you will keep getting what you have always got.

Simple and practical tools and tips to move from surviving to thriving. Take responsibility and control of your life now.

- Practical Tips for working from home while home schooling
- Healthy Boundaries Create Healthy Relationships (work/home)
- Managing from the inside out for more Work Life Balance
- Coping mechanisms to deal with the challenges.
- Self-Care & why is non-negotiable.

Get the tools and strategies to balance the demands of work and home.
www.sheilaomalley.ie & www.practicalparenting.ie

Click [here](#) for the link for
the talk

Please click [here](#) to give
us your feedback