



The Insurance Charities is proud to partner with Aware to make the Virtual Life Skills Programme available to insurance colleagues in Ireland

The Virtual Life Skills Programme is based on the principles of Cognitive Behavioural Therapy (CBT) and has been designed to help people learn more about how we think and how this influences our actions – not always helpfully.

Change doesn't happen overnight and doesn't happen without some work and effort. Committing fully to Virtual Life Skills Programme, could mark the start of a brand-new chapter for those participating.

The programme helps attendees feel differently about their life, and changes how they deal with challenges. It's compiled of eight modules delivered over seven weeks including a week break midway through. Each session lasts an hour and a half each week.

The sessions will be delivered by Zoom in a relaxed way by a trained professional. They encourage participation, with some small tasks, which are both enjoyable and productive.

A choice of two programmes are available as follows:

PROGRAMME 1

Tuesdays 6.30pm – 8pm
6th, 13th, 20th October
3rd, 10th 17th November

PROGRAMME 2

Thursdays 11.30am – 1pm
8th, 15th, 22nd October,
5th, 12th, 19th November

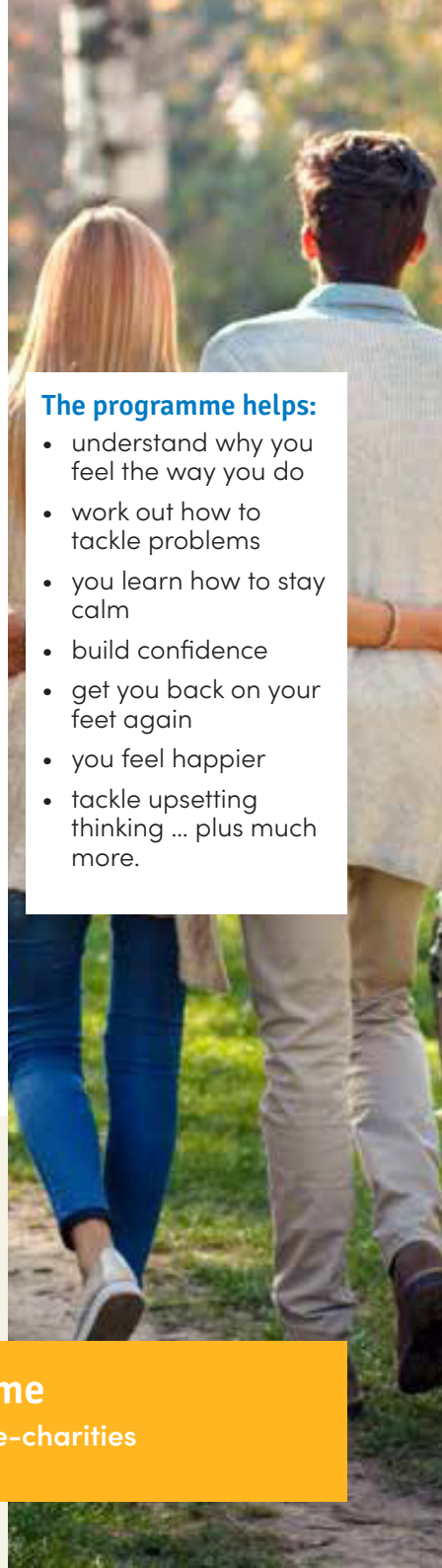
The programme helps:

- understand why you feel the way you do
- work out how to tackle problems
- you learn how to stay calm
- build confidence
- get you back on your feet again
- you feel happier
- tackle upsetting thinking ... plus much more.

To register for either programme

Please visit: www.aware.ie/the-insurance-charities

PLEASE NOTE REGISTRATION WILL OPEN ON 21ST SEPTEMBER



Testimonials from previous participants

“ The trainer was really engaging and delivered the course in a fun yet informative manner and ensured that all content was delivered within the time allocated for each session. The trainer was well prepared and had a great rapport with everyone.

“ Just having the time set out each week to dedicate to working on myself was very helpful. Identifying unhelpful thoughts and getting rid of them by catching and releasing them will be something I take through to all of my life.

“ To be honest I was very apprehensive at the idea of Zoom but after the first session and the brilliant facilitation by Dee I felt so at ease.

“ It was all a very positive experience and was much more manageable than attending actual classes. I think more of the virtual delivery style should be rolled out as I think it would make it easier for more people to commit to the programme.



To optimise the effectiveness of the course, and to encourage participation, each programme is limited to 20 participants.

Both programmes are available on a first come first served basis and are only available for those working in the Irish insurance industry.

We hope to deliver further programmes exclusively to the insurance community in Ireland following these initial two courses.

Each programme is being fully funded by The Insurance Charities; however, a suggested donation of 20 euros made to Aware at the start of the programme, would be much appreciated.



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