

# Next Step Forward



## Going to College Wellbeing and Resilience Workshop

The step from secondary school to third level college can be a time that is mentally challenging for leaving cert graduates.

The workshop looks at the various elements of wellbeing and empowering each student in developing their own resilience skills, helping them on their journey into college. Each student will leave the workshop with a bespoke Personal Wellbeing Plan.

The 2-hour workshop is delivered by Dorothy Scarry, a qualified primary and secondary school teacher with a MSc in Health and Wellbeing.

Dorothy is a member of the Society of Occupational Medicine, Association of Health Promotion Ireland, INTO & Teaching Council.

Check out our website to find a workshop near you!

## Course Content

**My Wellbeing**  
My Mind and Me  
What is wellbeing?

**Stress**  
What causes it, what it looks like  
& how to manage it

**First Month in College**  
First Month Survival Tools

**Be in Control**  
Taking responsibility for self-care, digital awareness, boundaries

**Personal Wellbeing Plan**  
Create an individual, bespoke wellbeing & resilience plan

**Identify steps to take in a mental health crisis**

€40 per student

FOR MORE INFORMATION [WWW.NEXTSTEPFORWARD.IE](http://WWW.NEXTSTEPFORWARD.IE)

