

# The Decider Life Skills

One day course for **Teachers** and **SNAs'**

Sligo Education Centre are delighted to offer this one day **FREE** course in Conjunction with CYPSC and funding received from Healthy Ireland Initiative

A Proactive Mental Health/Wellness Programme to teach Children and young Adults skills to understand and manage their own emotions and mental health and how to deal with emotional emergencies. For effective delivery and assessment of guided classroom hours within the Wellbeing Programme

## For Teachers and SNAs'

The Decider Life Skills are twelve evidence based CBT (cognitive behavioural therapy), key life skills to increase confidence, build resilience, tolerate distress, manage emotion and improve communication. Each participant gets an easy to use trainer manual to guide each teaching session and is ideally suited to meet the outcomes of the School Wellbeing Programme of enabling children **from 8 to 12 years** to be aware, responsible, respected, resilient and active.

**The 12 skills are taught in a one day Free workshop**

**Venue:** Sligo Education Centre

**Date:** Saturday 24<sup>th</sup> February

**Time:** 9.30 am to 4.30 pm

**BOOKING ESSENTIAL: REGISTER [www.ecsligo.ie](http://www.ecsligo.ie)**

