Did you know that neuroscientists call executives ‘cavemen in suits’, as psychosocial stress in the workplace makes us prone to our most base primal responses?

So, if your employees are typical humans, not robots or Dalai Lamas, they will benefit from fast fun and effective cognitive behavioural training seminars and workshops to help them to stop that inner caveman doing the thinking and feeling for them...

Change your mind, change your mood.

CBT - it’s a science, believe it.
Who am I, and what is this?

I am Veronica Walsh, a specialist Cognitive Science Trainer – I create and deliver best practice experiential models - adapting evidence based psychotherapy, (with liberal dashings of neuroscience and neurobiology), into fast fun and effective practical training in awareness and self management.

Google me to find my work online…

See my bio and testimonials and training details (inc high resolution newsletters) at my website CBTandFeelingGood.com.

My mission:

to simplify CBT and turn theory into practical application, teaching engaged learners life changing skills that will stay with them forever.

Group training options - choose from a starter 45 minute presentation to get a taste of the model, or from one or two hour seminars, or half or one day workshops (flexible modules) - for best practice learning by discovery models that unpack the science of being human in an entertaining and practical way, to get your workforce 'thinking about thinking', and understanding that the mind is the brain which is attached to the nervous system - and that we magnificent biological beasts can, and should, literally learn self regulation of our response to life through upskilling in cognitive science and rational thinking skills.

Think different.
Feel different.
Behave different.

Clients include: Ulster Bank, DCU, NCIRL, Deloitte, Roche Products, and The Oireachtas…

I am a media contributor for TV/Radio/Print, including: TV3, RTE, TodayFM, Newstalk, The Independent, The Irish Times, and 4FM…

My online downloadable worksheets have over 650,000 views and are used by mental health professionals all over the world. (at iVeronicaWalsh.wordpress.com)

Call me at 0868113031 to discuss – E&OE, onsite Dublin city centre. Exc expenses if elsewhere/ bespoke. Call for a quotation.