Experiential workshops and seminars for flexible cool mindsets:

"WAIT, WHAT? WHY DOES MY BRAIN DO THAT?"

The human species is neither a robot or a dalai lama - and put us in the executive workplace, and, well, that's even more true, and we become a 'cavemen in a suit', (and I'm directly quoting a neuroscientist there).

We humans got a pretty sweet deal in the animal kingdom, and we rule the world. We're not the biggest or strongest species, but we are the smartest. Albeit with an unfortunate brain design flaw: when evolution cobbled us together it gave us trippy nervous system wiring which means we have an inate and primal capacity to cause ourselves (and others) a lot of unnecessary dramatic upset in response to events and situations. But we can adapt and 'uncause our upset' by learning new practical skills in self management through evidence based psychotherapy training with a dash of neuroscience and evolutionary psychology. This is essential foundation training for executives, after all, your mind is your brain which is attached to your nervous system - it's time to skill up.

My flexible module seminars and workshops introduce best practice strategies and applications for self awareness and regulation and management of our amazing brain and central nervous system. It's fast, it's fun, it's effective. It's a science,
believe it. And my free online guided self help blog has had over half a million views and is used by mental health professionals all over the world.

I change the focus from theory to 'LEARNING BY DOING'. Taking evidence based therapy models out of the counselling rooms, and demystifying neuropsychology - for effective executive personal and professional development. It is not group therapy, it is not 'depression training', it is not 'sickness training', it is practical and effective brain training, it is growth mindset training, proven to improve well being in all measures through life changing skills that can be applied by engaged learners to tackle and manage fixed inflexible mindsets and biases that can afflict us all.

What's in it for you? LATEST CLIENT TESTIMONIAL

Zoom In Events evaluation/feedback:
"We engaged Veronica to present and deliver a workshop at the Executive PA Forum, and the feedback was so overwhelmingly positive that we had to have her back at the 2017 Forum (RDS). Veronica's unique presentation style is extremely engaging - she breaks down the subject matter in a way that anybody can understand, and she peppers it with humour which makes learning fun and effective. She always leaves our attendees motivated and begging for more - we would highly recommend her services."

Fiona Kelly - CEO

Comments from the RDS forum

- Really enjoyed Veronica's workshop - would love to see more. Excellent presenter & subject, will remember this! Thanks
- Engaging presenter, great pitch, informative; got take away and learnings to apply at home and work.
- Brilliant!
- This was a super workshop delivered with a very relaxed, effective style. Veronica used examples of situations everyone in the room could relate to. Excellent.
- Very interactive and interesting presentation and workshop. Veronica is a great facilitator.
- Fabulous speaker, very engaging. Loved it!
- Enjoyed this workshop. Very interesting + lots to takeaway from the session.
- I enjoyed the workshop and would recommend it. Great job and so many useful tips and tricks. Feel empowered! Thank you very much!
Veronica was excellent, engaged, superb presenter! Found the theory, skills and application very useful and I know I will use it in work and personal situations.

Brilliant - thoroughly enjoyed this session. Will definitely bring the learning with me.

Love the presenters 'style + poise'. Thanks Veronica!

Click [HERE](#) to link to more testimonials from my clients.

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**ONE DAY WORKSHOP AIM:** - To give learners an engaging non-therapy introduction to evidence based psychotherapy (CBT) & neurobiology / evolutionary psychology – enabling understanding and management of how we think and feel and behave - for new skills in self management. *(Email to request a full session plan)*

**OBJECTIVES** By the end of the workshop engaged learners will:

1. Know what the core theory and practice of evidence based psychotherapy is.
2. Understand the origins, physiology, and management of 'Fight or Flight', the threat response.
3. Be able to apply practical cognitive science strategies and techniques using mental tasks and worksheets.

**Basic summary:** CBT is a ‘rational thinking skills’ psycho-educational model that is measured and proven to literally teach engaged learners ‘how to be happier’ – improving well being in all measures, and helping people to change how they think and how they feel and how they behave to a psychologically healthy mindset and attributional style – with immediate and ongoing effects and results. And my best practice version includes neurobiology and neuroscience basics. *(Click [HERE](#) for my My LinkedIn Big Ideas & Innovation Pulse Feature Post on the ‘brain design flaw’ and executive psychosocial stress).*

Try it out and evaluate? Book an introductory seminar for your employees: call for a training needs analysis and a quotation - on site on your premises, for as many attendees as your venue can accommodate. I just need a room + a projector + engaged learners... It is fast and fun and gives a high return.

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Click [HERE](#) to link to my Workshops website page.
Conclusion from the results of the study titled:

Can the effects of a 1-day CBT psychoeducational workshop on self-confidence be maintained after 2 years?

"The overall results of this naturalistic study indicate that a very brief, intensive, and large scale intervention can largely maintain its effects for participants over a 2-year period."

Links to relevant reports and articles:

- Why happiness matters in the workplace - an academic view: [LINK]
- Cognitive Behavioural Training studies show an improvement in employee well being in all measures: [LINK]
- 'Notes and stats on mental health in the workplace', my blog post: [LINK]
- 'Companies on the Couch', my article for the Dublin City Enterprise Board: [LINK]
- 'Bringing CBT into the boardroom (tackling toxic cultures)', [LINK]
- Irish Times feature article on one of my workshops: [LINK]
- 'The OECD on mental health in the workplace in Davos 2014', my video blog post, [LINK]
- Herald feature article / interview with me on 'Recession Anxiety': [LINK]
- London School of Economics Layard lecture: Mental Health: The New Frontier...: [LINK]
- Free self help online resource: [http://iveronicawalsh.wordpress.com/](http://iveronicawalsh.wordpress.com/)

**Note:** pricing assumes onsite in Dublin City - call for a quotation if outside that area.

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