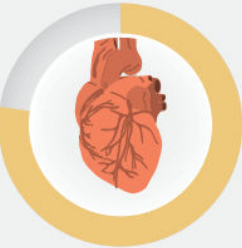


This image is part of an infographic by <http://safetymanagement.eku.edu> on How Stress is Reshaping the Workplace...



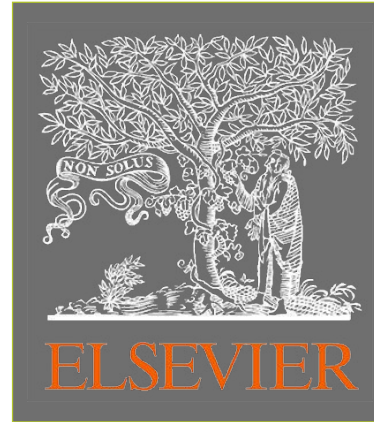
40%
of workers report their jobs to be **VERY OR EXTREMELY STRESSFUL**



77%
regularly encounter **PHYSICAL SYMPTOMS** caused by stress



73%
regularly experience **PSYCHOLOGICAL SYMPTOMS** caused by stress



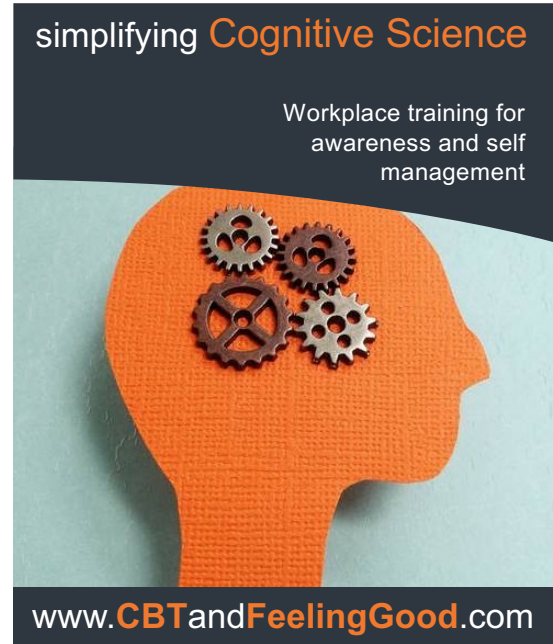
“Cognitive-behavioural training to change *attributional style* improves employee well-being, job satisfaction, productivity, and turnover.”

So says the conclusion of a peer reviewed and published study by the university partnership of: The *School of Psychiatry University of New South Wales, The Department of Psychology, Swansea University Australia, Kings College London - University of London, and the Health Methodology Group - University of Manchester:*

Download the study at: iVeronicaWalsh.wordpress.com

Also available: cognitive science seminars / training / coaching for individuals, schools, colleges, plus events and conferences.. See website for details., or contact me at:

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Did you know that psychosocial stress is the biggest cause of illness in the workplace, and that most of us don't know what it is, or that we've got it?

Neuroscientists call executives 'cavemen in suits', as workplace stresses makes us prone to our most base primal responses and can cause stress to become a disorder. 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..

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E: [info@CBT andFeelingGood.com](mailto:info@CBTandFeelingGood.com)

Who am I, and what is this?

I am **Veronica Walsh**, a CBT CogSci specialist – I design and deliver best practice experiential training & CBT resources - adapting evidence based psychoeducational models, (with liberal dashings of neuroscience and neurobiology), into fast fun and effective practical training in awareness and self management.

See my full bio and testimonials and training details at my website www.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.

Bespoke group training options - choose from short seminar, or a flexible module workshop, for experiential training models that unpack **the cognitive science of being human** in an entertaining and practical way, to get your workforce 'thinking about thinking', and developing awareness and self regulation.



I regularly rank in the 'Top 10 CBT blogs in the World' – with over 1.3 million views, my CBT resources are used by mental health professionals all over the world.

iVeronicaWalsh.wordpress.com

**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...

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