













WORKPLACE WELLBEING WEEK 3rd - 7th April 2017



Workplace Wellbeing Week 3rd - 7th April, 2017				
DIT STAFF DEVELOPMENT				
in conjunction with the DIT Chaplaincy Service and DIT Counselling Service				
Event		Time	Location	Trainer
Monday 3 rd April, 2017				
	<u>Work Life Balance</u>	9.30 am to 12.30 pm	DIT Grangegorman, GW302, Greenway Hub	Jerry Kelly, First HRD
	<u>Building Personal Resilience</u>	9.30 am to 1.00 pm	DIT Aungier Street, Room 5037	Sinead Gaynor
	<u>Mindfulness Session</u>	1.10 pm to 1.40 pm	DIT Rathmines, Room 1.02	DIT Chaplaincy Team
	<u>Mindfulness Session</u>	1.25 pm to 1.55 pm	DIT Bolton Street, Room 446	DIT Chaplaincy Team
Tuesday 4 th April, 2017				
	<u>Building Personal Resilience</u>	9.30 am to 1.00 pm	DIT Grangegorman, GW302, Greenway Hub	Sinead Gaynor
		9.30 am to 5.00 pm	Venue TBC	DIT Counselling Service

	<u>Supporting Students in Distress</u>			
	<u>Mindfulness Session</u>	1.10 pm to 1.40 pm	DIT Grangegorman, St Laurence's	DIT Chaplaincy Team
	<u>Mindfulness Session</u>	1.15 pm to 1.45 pm	DIT Kevin Street, Basement	DIT Chaplaincy Team
Wednesday 5th April, 2017				
	<u>Mindfulness Session</u>	1.15 pm to 1.45 pm	DIT Cathal Brugha St, Boardroom	DIT Chaplaincy Team
Thursday 6th April, 2017				
	Tea/Coffee Morning - An opportunity to drop in and meet colleagues and have a nice cup of something! We welcome people to join us in a safe place to chat and unwind. All Welcome. **Please feel Free to bake something and bring it along!**	10.30 am to 2.00 pm	DIT Aungier Street, Staff Room, 2 nd Floor	DIT Chaplaincy Team

Please check back with our [website](#) as more events to be announced soon!!

Booking Details:

Booking **is required** for the following sessions:

- Work Life Balance
- Building Resilience
- Supporting Students in Distress

Please email: staff.training@dit.ie or phone Hannah on 7870

Please feel free to drop into Mindfulness sessions and Tea/Coffee morning