***WHY JOIN THIS WORKSHOP?***

*We are all different, right? Anxiety and stress can 'hit' us all in our own individual unique way, … as can anger, depression or addictive behaviours.*

*Yet, hundreds of studies show us that there are common patterns to each of those experiences.*

*Thankfully, there are also specific common patterns to the building of happier, healthier, more fulfilled lives for ourselves, …*

***01*** *This workshop allows us to stop and take a right good look at our work-style and work-life balance. We learn to avoid the six big errors most busy people make, … and, then, we build a more relaxed yet more powerful work-style, … and a better life.*

***02*** *The workshop exercises help us to become crystal clear about what we really want out of work and out of life, … and what's missing.*

***03*** *The above exercises also build our resilience against depression.*

***04*** *We explore the source of work-place stress, … then, we build the 'know how' to master that stress.*

***05*** *We explore what it takes to be an effective team leader, we look at the most frequent mistakes leaders make, … then, we build for ourselves an influential leadership style, … this includes up-grading our business leadership skills.*

***06*** *Finally, we begin the ultimate task of mastering the seven key steps to an easier, far more successful life, … a happier life of far greater choice, much more time and way less stress, … both at work and outside of work.*

***07*** *Throughout the two days, we will explore the opportunities and the negative obstacles created by the current Covid 19 pandemic.*

***OUR WORKSHOP LEADER … ROCHIE HOLOHAN FCIPD FIITD***

*Having studied for many years with the renowned Professor Roger Bennett at the IMCB in Buckingham in the UK, Rochie graduated with a Masters Degree in Management Training.*

*Later, his research work in training was rewarded with a Fellowship of the UK Chartered Institute of Personnel Development and a Fellowship of the Irish Institute of Training and Development.*

*Rochie thanks Colin Brett, Philip Brew and the Tipperary Institute in Thurles for certificates in Adlerian Psychology Skills and qualification as a Life & Business Coach.*

*Rochie has Practitioner Certificates in Neuro Linguistic Programming, Time Line Therapy and Hypnosis, achieving a Master Certificate in each of these 3 disciplines.*

*As well as his work in Ireland, NI and the UK, Rochie works as a management consultant in Central Europe, Denmark, the Seychelles Islands, USSR and Zambia.*

*Those projects are focussed on strengthening critical organisations, by training and coaching Senior Managers and training Trainers.*

*Rochie worked for many years with local county councils and as chief executive of a county enterprise board. He now runs his own coaching and training business, leading open and in-company workshops on work-style, stress, leadership and communications.*

*website : www.jrochieholohan.com*

*In addition to our one-to-one life and business coaching services, Riasc Partnership has joined with our associate Rochie Holohan to offer this life-changing two-day "group-coaching" NLP Workshop:*

# BUILD YOURSELF A BETTER LIFE

***TUE 15 AND WED 16 FEB 2022***
***09.30 TO 17.30 EACH DAY***

*Riasc Partnership has supported a reduced fee of €380.00 for this Workshop.*

*Places on this Workshop are limited to 8, allocated on a 'first come' basis. To reserve a place, please call Orla on 085 174 7121 and please pre-pay by Tue 22 Feb.*

*Participants are asked to make themselves fully available for the entire two days - no interruptions, no mobile phones.*

*These workshops are not training courses in the traditional sense ... there are no role plays, no silly games, … and no experts to tell us how to do our jobs or live our lives.*

*Instead, these workshops allow us to take a fresh look at where we are at right now, … … then, we build together some remedies to fit our own individual situations, … … building solutions, block by block, not importing ready-made answers.*