

POWER

POSITIVE OCCUPATIONAL & WELLBEING
RESOURCES

TALKS, TRAINING & WORKSHOPS



Talks, Training & Workshops

Jason Brennan is the Wellness & Leadership Director at Wrkit. Jason has been a psychotherapist for over 20 years and has helped many people grow and develop in themselves, in the work they do and in the relationships they have.

JASON BRENNAN

WELLNESS & LEADERSHIP DIRECTOR

CTA in Psychotherapy

BA in Psychoanalysis

Certificate in Humanities

CBT practitioner's cert

Member: IAHIP, TAI, EATA, ITAA



Jason Brennan began his training as a psychotherapist in Dublin by completing a 3-year BA in Psychoanalysis and a 2-year Certificate in Humanities. He continued his studies to become a Certified Transactional Analyst – a theory based on effective communication between individuals and within groups or teams. He also holds a CBT practitioners' certification and is an honorary lifetime member of the UCD Psychological Society.

Jason is a skilled facilitator and since 2014 has been a mental skills coach for several high-profile sports teams. He has brought together these techniques and his experience in a book, co-written with well-known Irish sports commentator and mental health advocate Brent Pope.

The book is called **“WIN: Proven Strategies for Success in Sports, Life and Mental Health”**.

As Wrkit Wellness & Leadership Director, Jason has developed a programme of services in the area of Wellness and Leadership, as a further enhancement to Wrkit's Personal and Professional Development services.

In addition to the POWR tool, we provide workshop-based learning and one-on-one coaching support which includes:

- Wellness and Mental Health workshops
- Leadership Development and one on one coaching
- Psychological Performance training
- Personality profiling and assessments
- Workplace lunch and learns

If you would like to know more, please contact Jason directly:

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Workshops – Wellness Topics

Wrkit deliver a variety of workshops that can be tailored to suit your needs. Listed below are a selection of the workshops we provide, varying in length from 1-hour to full day facilitation;

- **SUCCESS WITH STRESS**

In this session you will learn how to understand the difference between good stress and bad stress, while picking up strategies to drive success.

- **RESILIENCE**

This session explores how resilient you already are by connecting with the resilience that you have already experienced, while unlocking more of this in your life. It will provide theory and techniques to drive more self-resilience

- **UNDERSTANDING DEPRESSION**

In this session you will know and be able to see the difference between what it means to be low or depressed as opposed to suffering from depression and have some key knowledge and strategies to help yourself and others feel better when feeling low.

- **STOPPING ANXIOUS THOUGHTS THAT LEAD TO ANXIETY**

Anxiety is a debilitating process that all of us will experience at least once in our lives, knowing and having a way to tackle negative anxiety evoking thoughts is key to successfully tackling this condition.

- **MANAGING PANIC**

A panic episode is one of the scariest experiences a person can have. The overwhelming experience of fear and fear inducing thoughts can make a person feel very powerless. Learning to understand what is going on physically, emotionally and psychologically can help better manage these unpleasant feelings.

- **HEALTHY AND EFFECTIVE COMMUNICATION**

One of the biggest stressors and one of the biggest causes of conflict is communication with lack of awareness. Understanding how to communicate effectively, with awareness and with empathy always leads to success.

■ **MINDFUL AWARENESS**

Mindfulness is a concept and process that is being used more and more often now to manage stress and to achieve greater performance. Understanding what mindfulness is, developing greater self-awareness and learning techniques to help the mind be more restful when you need it, is a significant advantage to wellbeing.

■ **BEING ASSERTIVE**

One of the greatest skills in life is to learn to be assertive. As a skill we all learn how to be assertive and to improve in this area – to build relationships, to be productive and to help us achieve the results we know are possible when we are being assertive with ourselves and when working with others.

■ **WORKING WITH GRIEF & LOSS**

Grief and Loss are a significant part of life and of our development. It is however a process that we often ignore or have little to do with in the modern world. Many people work closely with grief in their professional lives and can struggle with this part of their role. Many of us can feel knocked in life when we are faced with grief and loss. Learning about this process and how to take care of ourselves and others through it is a very useful skill to have

■ **KNOWING MORE ABOUT SLEEP**

Sleep is one of the most important aspects of our life. It is involved in our learning process, our healing process and our ability to be creative. What do we do however when we are not sleeping well? Know how to differentiate a good sleep from a bad one and what to do when we need a good night's sleep, but stress is getting in the way.

■ **GOOD CONFLICT/ BAD CONFLICT**

Not all conflict is bad, however not many people know how to do good conflict. Good conflict is essential in team work, relationships and in the creative process. Learning strategies to improve in this area are key to success and to enjoying life more.

■ **MENTAL SKILLS FOR MENTAL HEALTH**

All of us at some stage in our life will face into mental health challenges, but we do not however have to feel powerless when we do so. Knowing a few mental skills and

having practiced them and having them ready to call on, gives us confidence at a time when we most need it – while also reducing the onset and duration of mental illness.

■ **SUCCESS AND PURPOSE**

To know and understand the difference between winning and succeeding is very important in developing the right mindset. Whether it is about success in life, sports, relationships or business – we all grow through understanding more about ourselves and our sense of purpose, finding out what success is personally for each of us.

■ **HANDLING LOSS, SETBACKS AND CHANGE**

Life is full of achieving success and managing failure, dealing with the knocks and getting back up and on with what has happened. We can't have ups without some downs, but when we are down it is so important to know how to get back up and learn from the experience – to manage the loss and learn from the set back.

■ **DEALING WITH NEGATIVITY AND ENERGY BLOCKERS**

All of us know what it is like to think negatively – how demotivating, worrying and frustrating it can be. Negative thoughts or NATS are energy blockers as all they do is divert energy away from being productive and even worse can push the energy toward destructive behaviours. Learn tips and tricks to change the 'what ifs' into 'why nots'

■ **GRADUATE AWARENESS AND WELLBEING**

Completing training and entering the workforce is a significant stage for all new recruits. Even if it is moving into a chosen profession - this shift in stage carries with it a certain level of pressure, expectations, assumptions and stress. Each workplace has its unique stressors and being prepared with ready to go wellness techniques can really help any young person.

■ **RETHINKING FEAR AND ANXIETY**

Fear is one of our primal feelings but one that many of us struggle with feeling and controlling. Find out how to recognize good fear and not so good fear and learn to manage the fall out while channelling the energy towards excitement and achieving more often.

- **DRIVING HAPPINESS WITH EMOTIONAL FLUENCY**

The skills of emotional fluency is essential to achieve more long lasting happiness, while also learning how to find happiness in the everyday. Learn some strategies and techniques to improve any situation while driving the successful energy in life

Workshops – Transactional Analysis

■ What is Transactional Analysis?

Transactional Analysis is a theory of communication, a theory of human development and a theory of human dysfunction. It has 4 main areas - psychotherapy, organizational, educational and counselling.

■ Why is it important?

Transactional Analysis teaches a model for human personality, motivation, behaviour and human interaction that is easy to understand and easy to apply in everyday life. It helps people learn about themselves, how they are being, and how they can be.

■ How does it actually help?

The Transactional Analysis model creates an understanding of human communication and human interaction (internal and external dialogue), that helps improve delivery and outcomes to human collaboration and endeavours.

It helps improve:

- delivery of clear communication
- self-awareness
- assertiveness
- emotional fluency
- understanding of human motivations
- appreciation for different working styles and personal backgrounds

Leadership Workshops & One-On-Ones

COACHING

Coaching helps people achieve goal focused results. The coaching support provided by Wrkit is there to provide motivation, guidance, insights and development. Coaching is a collaborative and focused process, designed to create and deliver desired behaviour change and success. It is working one-on-one with a coach, to enhance personal and professional performance and achieve results. The sessions last 1-1.5 hours.

What is included?

Eight one-on-one coaching sessions covering a variety of applied models and agreed goals.

Transactional analysis topics covered in coaching

- Ego States and self-awareness
- Contracting v psychological Gaming
- Strokes, discounts and feedback
- Scripting, Life positions and frame of reference
- Injunctions and early influences
- Driver behaviour

WORKSHOPS

Duration: 2 hours - 4 days | **Max numbers:** up to 20 people

What is included?

- 2 hour - 4 days of Workshops broken up over 4 months or immersed in 4 days
- One on one coaching sessions
- Printed materials

Transactional analysis topics covered in workshops

- Ego States and self-awareness
- Contracting v psychological Gaming
- Strokes, discounts and giving/ receiving feedback
- Scripting, Life positions and frame of references
- Injunctions and early influencers
- Driver behaviour and self-sabotage
- Personality adaptation insights
- Doors to success