

"The Person behind the Behaviour"

Facilitated by Conor McCafferty (Zest NI)

This half day workshop will help participants examine and understand what influences our behaviour

Course Aim

The aim is to help Participants will examine and discuss the following:

- Why we behave in the unique way that we do
- What leads to our behaviours: the impact of cognitions and emotions
- What are the influences that impact and effect our behaviours: early years and family system
- The attributes of an emotionally healthy person

For further information on training please contact:

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Places are limited to 4 per organisation. Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.