

Recharge & Reflect

Facilitated by Jamie McNulty (CogniCare)

This interactive wellbeing session explores practical approaches to emotional regulation, stress management, and sustainable wellbeing in high-demand environments.

Course Information

This interactive wellbeing session explores practical approaches to emotional regulation, stress management, and sustainable wellbeing in high-demand environments.

Through reflective discussion, nervous system regulation techniques, grounding strategies, and creative activities, participants will develop a deeper understanding of stress, cognitive load, boundaries, and recovery.

The session is designed to provide accessible, evidence-informed tools that support resilience, self-awareness, and wellbeing across both professional and personal life.

Who should attend?

Suitable for individuals from all professional backgrounds, the workshop offers a calm, inclusive, and supportive space for reflection, connection, and restoration.

For further information on training please contact:

Email: clear@dhcni.com

Web: www.dhcni.com

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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.