

Recharge & Reflect

Facilitated by Jamie McNulty (CogniCare)

This full day workshop will explore the relationship between technology and mental health in today's increasingly connected world.

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

Course Aim

Participants will examine both the benefits and challenges of digital life, including cognitive overload, social media pressures, online connection, digital wellbeing, and access to mental health support. Through reflective discussion and practical strategies, the session aims to support healthier, more intentional relationships with technology while promoting balance, boundaries, and wellbeing in everyday life

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.