


# SPEAKING TO YOUNG PEOPLE

## Proposal for you to further support your students

All the training, speaking or facilitation  Coaching offer is personalized to the needs of the attendees. This is arranged in advance through a consultation with the organizer and then additionally on the day in response to the questions and engagement of the attendees.

### Training Modules

*"The training modules are based on researched approaches."*

- Stress management
- Study Skills
- Sexual and relationship education (according to Foroige's REAL U training)
- Emotional & mental wellbeing
- Wellbeing through effective personal and professional relating
- Taking control of your wellness through your thinking style
- Effective Communication

### The Benefits

*"The benefits of this approach are applicable and effective."*

- Attendees actively engage with the process during training and facilitation
- The Participants are equipped with practical stress management approaches.
- Effective preventative strategies including identifying personal warning signs of stress.
- Awareness of self-care for mental, physical and emotional well-being.
- Understanding how to manage the after effects of stress.
- An awareness of the effects of stress on the body.
- Understanding the purpose of stress and cause.
- Practical strategies and experiences for stress management.



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## Sile's Profile

*"Sile loves facilitating and training, supporting people being at their best in life and work."*

Sile is a passionate coach, author, facilitator and speaker. Using authenticity as a core value when working with individual's or organizations. Sile is qualified in coaching psychology through UCC and works under the guidelines of the Association of Coaching Ireland. Sile has also undergone professional training in a number of psychological and organizational forms. [Find out more about Sile here.](#)

Sile has extensive experience facilitating, training and speaking to groups within a number of sectors including; the charity sector, business sector, social sector, health sector and educational sector at a local, national and international level. Sile's training style is casual, enthusiastic, realistic and actionable.

Sile is currently based in Cork and welcomes speaking opportunities nationally and internationally. Sile values an authentic approach and will happily create individually tailored programs to meet the needs of your organization.

Some organizations Sile has worked/works with:



Some of the media Sile has been interviewed or written for:

