

Self-esteem and relationships

11 December 2006



Young people and self-esteem

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Following the success of previous training events around the theme of young people and self-esteem, the Health Promotion Agency for Northern Ireland (HPA) has organised a series of seminars which are being delivered between autumn 2006 and spring 2007.

The seminars are supported by the Design for Living partnership, comprising Action Mental Health, Youth Council for Northern Ireland and the HPA, and facilitated by key speakers who have vast expertise in the field of mental health, self-esteem and young people. This seminar will focus on young people's self-esteem and relationships.

Potential participants

This event will be of interest to anyone from the community, voluntary or statutory sectors who works with children and young people in a range of settings. It will be of particular benefit to youth and community workers, social workers, teachers, health promotion workers, primary care workers and others in the allied health professions who have an interest in the promotion of positive mental health.

Date of seminar

11 December 2006

Venue

Malone House, Belfast

Cost

£35 to community/voluntary organisations

£50 to statutory and private organisations

Facilitator

Dr Tony Humphreys is a Cork-based consultant clinical psychologist, a national and international speaker and an author, who also contributes to two leading Irish daily newspapers, and whose expert views are often sought by other media.

A specialist lecturer on education, communication and self-realisation in University Colleges, Cork and Limerick, he is also a senior fellow at the National College of Ireland, Dublin, and has been working in private practice since 1990. Dr Humphreys has written 11 best-selling books, (translated into some 25 languages) and has recorded CDs and tapes on such topics as self-esteem, work balance and effective parenting. Widely acknowledged as one of Ireland's most influential psychologists, he works with individuals, couples and families, as well as with schools, local communities and the business community.

Booking

Booking forms are also available to download or submit online at:
www.healthpromotionagency.org.uk

Closing date for applications

24 November 2006

As we anticipate high demand, please return your application as soon as possible to avoid disappointment.



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