

Young people and self-esteem

Self-esteem and relationships

15 December 2005



Health
Promotion
Agency

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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 rerun of this series of seminars which will be delivered between autumn 2005 and spring 2006.

The seminars will be delivered with input from the Design for Living partnership, comprising Action Mental Health, Youth Council for Northern Ireland and the HPA, and will be facilitated by key speakers who have vast expertise in the field of mental health, self-esteem and young people. This is the second of three seminars and will focus on 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

15 December 2005

Venue

Park Avenue Hotel, Belfast

Cost

£25 to community/voluntary organisations

£40 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 10 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

29 November 2005

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



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action mental health



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