

Looking for some new programmes, courses or workshops to offer?

I can offer each of the programmes below as a one-off workshop, training day, or longer programme. Each can be tailored according to who I am working with.

Parents and children:

- Baby Yoga Moves (Parent and Baby Yoga)
- Baby and Infant Swimming (Swimming Teachers Association)
- Toddler Tai Chi
- Big Cook Wee Cook (Cookery with kids)
- Face Painting
- Crafty Kids!



Holistic Therapies

- Indian Head Massage
- Reflexology practitioner
- Thai Foot Massage



Young People / Adults

- Tai Chi and Relaxation
- Food in a Flash! Cooking on a budget
- Boost ! – The impact of food on mood
- Flourishing under fire – Resilience building and overcoming adversity
- Relaxation techniques / Tai Chi



Adults / Workplace Training / Workshops

Mental Health and Wellbeing:

- Tai Chi / Qi Gong and Relaxation
- Acupressure for everyday use
- Stop! Burnout - Compassion Fatigue Prevention Training
- Be + (Positive Mental Health Programme)
- Mental Health First Aid Training
- Capacitar – Integrate Mind, Body and Spirit practices into your life
- Joy. A Programme about finding joy in everyday places



- Flourish now! A holistic programme covering nutrition, mental wellbeing, spiritual health and mindfulness

Diet and Nutrition, Cookery

- Weigh to Health (Weight Loss Programme)
- Cook it! Trainer (Healthy Cooking on a Budget)
- Man with a Pan – Men’s Cookery
- Wok on the Wild Side; Chinese and Indian Cookery
- Boost – Mood and Food courses
- Beginners Baking



Older People

- Relaxation and wellness Techniques
- Teach an old dog new tricks; how to have a long, happy, healthy retirement full of new adventures



All programmes / topic areas can be tailored to suit your needs; each can be worked into bespoke programmes, one-off workshops or away days.

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- Full Access NI and Garda Checks in Place.
- Personal Insurance to cover Training and Facilitation.
- Rates are flexible and can be negotiated.
- Quotations and session outlines are available on request.