

**FREE**

# WORKSHOPS DURING EXHIBITION

MILLENNIUM HALL – enter through City Hall or from Eglinton Street

ALL WELCOME TO A SERIES OF EVENTS  
OFFERED BY SOME OF THE EXHIBITORS

FURTHER INFORMATION CALL: Tina (086) 603 5552

## WEDNESDAY SEPTEMBER 3rd

- 2pm Join highly trained teachers from **Himalaya Yoga Valley Centre** for an informative, mini workshop to familiarise you with all aspects of a full yoga class.
- 3pm Find out how to live without stress while improving breathing, releasing tension & resolving back pain with **Rosemary Moone, Alexander Technique teacher**.
- 4pm Learn some easy, accessible daily Meditation and Relaxation Tools with **Mary Doherty, Complementary Therapies & Meditation**.
- 5pm A demonstration of **Qualifax - The National Courses Database** – which you can search nationwide for courses to suit your requirements. Learn how to build your CV online with **Europass** & create a Europeans Skills Passport, which helps to ensure your qualifications & skills are recognised across the EU.
- 6pm **Building Resilience - Survival Strategies for Modern Life**  
A lecture introducing the use of positive psychology & CBT to help build a complete toolkit for dealing with these challenging times. Presented by **PCI College**, which offers training in counselling & psychotherapy for mature students.
- 7pm **Unlocking Your Future: the Employer's Perspective**  
Gain an insight into what employers require from potential employees. Presented by **Cork Education & Training Board's Adult Guidance Service**.

## THURSDAY SEPTEMBER 4th

- 2pm Join highly trained teachers from **Himalaya Yoga Valley Centre** for an informative, mini workshop as an introduction to a full yoga class.
- 3pm Learn about a career as a sports or physical therapist with **St Martin's College of Physical Therapy** which offers a range of courses.
- 4pm Hear from **Cork Volunteer Centre** how the skills & experience gained through volunteering can enhance employability & complement studies, opening up a world of opportunities.
- 5pm Make your CV work for you: bring along your CV & learn from **Lucy Hastings of Cork City Partnership** how to update & improve it.
- 6pm Discover the benefits & learn how to practice both **Mindfulness & Meditation** with **Philip O'Byrne of NLP Cork**.
- 7pm **Unlocking Your Future: the Employer's Perspective**  
Gain an insight into what employers require from potential employees. Presented by **Cork Education & Training Board's Adult Guidance Service**.