

6th year Worry Buster Workshop

We're excited to announce that we've teamed up with Brainbox, the learning and wellbeing experts, to deliver their *Worry Buster Workshop* to our 6th year students.



The Leaving Certificate can be a major source of stress for many students and their parents. During this dynamic programme students identify causes of stress in their lives and engage in relaxation strategies and visualisation exercises to calm their nerves and channel their energy into a worry-free exam performance. They also learn a range of innovative and practical exam techniques to further boost their confidence. This bespoke stress management workshop comes highly recommended and each participant receives a booklet packed with practical tips to combat exam stress.

Topics

1. Understanding stress
2. Overcoming anxiety
3. Breathing exercises
4. Exam techniques
5. Mental relaxation
6. Exam wellbeing



What Students are Saying

'I feel much more prepared for the next 3 months in school. I'm going forward with a better mindset because of the techniques I learned. It was very positive and I liked how interactive the teacher was with everyone.'

Grace, Coláiste Raithín,
Bray, Co. Wicklow.

'Amazing talk, I found it extremely beneficial and informative. I thought everything was really helpful in relation to exam preparation and stress. The exam techniques section was terrific.'

Shane, Boherbue Comprehensive School,
Mallow, Co. Cork.

**For more information on this dynamic workshop, visit:
www.brainbox.ie**