



**Chambers
Ireland**
Advancing business together



Tackle Your Feelings | Online Workshop

Tackle Your Feelings is a widely popular mental well-being campaign which has seen Ireland's Rugby Players leading from the front since 2016, breaking down stigma and inspiring people to take action to optimise their mental well-being. Now Tackle Your Feelings is bringing the messages of the campaign to life in the workplace in the form of an online workshop.

The bespoke online workshop will focus on creating a culture which supports and maintains positive mental well-being, building personal and job specific resources which will enhance the well-being of your workforce, enabling personnel to thrive and increase productivity.

Details

- **Tuesday, November 3rd at 3pm.**
- **Online workshop with Q&A**
- **Bespoke for Chambers Ireland members**

Registration link - [click here](#)

www.tackleyourfeelings.com

