



Self-Awareness stress

Building resilience and managing

by

```
<style>
/* Course Entry Route */
.row.courseRoute{
  margin-left:0;
  margin-right:0;
  padding-bottom:1em;
  margin-bottom:1em;
  border-bottom: 1px solid rgb(51, 51, 51);
}
.courseRoute div.caption{
  display: block;
  font-size: 0.75em;
  font-weight: 400;
}
.courseRoute .courseTitle,
.courseRoute .courseLength,
.courseRoute .courseType,
.courseRoute .courseDeadline{
  font-weight: bold;
  padding:6px 0;
}
.courseRoute .courseTitle{
  color: #2993d0;
}
.courseRoute .courseApply{
  padding-top:7px;
  padding-left:0;
  padding-right:0;
}
/*ACCORDIONS / COLLAPSE
*****/

.panel-group .panel {
  border-radius: 0;
}

.panel-group .panel+.panel {
  margin-top: 10px;
}

.panel-default {
  border-color: #e7e7e7;
  border-radius: 0;
}

.panel-default .panel-heading {
  padding: 0;
  background: transparent;
  border-radius: 0;
}

.panel-default .panel-title > a {
  display: block;
  padding: 28px 30px 28px 20px;
  font-size: 18px;
  color: #2993d0;
  text-decoration: none;
}

.panel-default .panel-title > a .prefix{
  display:none;
}

.panel-default .panel-title > a .fa {
  float: right;
}
```



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```
.accordionStandard .panel-default .panel-title > a{
  position: relative;
}

.accordionStandard .panel-default .panel-title > a .fa.fa-caret-right {
  float: none;
  display: block;
  position: absolute;
  right: 20px;
  top: 40%;
  top: calc(50% - 10px);
}

.panel-default .panel-title > a:not(.collapsed) .fa:before {
  content: "\f0d7";
}

.panel-body {
  background: #eee;
  padding: 20px;
}

.panel-open-all {
  border-top: 1px solid #e7e7e7;
  margin: 20px 0;
  padding: 20px 20px 0;
  font-size: 18px;
}

.panel-open-all .fa {
  margin-left: 5px;
}

.panel-group > .panel-open-all > a.closeAll > i.closeAll:before {
  content: "\f0d7";
}

.banner .accordion_box .panel-group .panel .panel-heading .panel-title a span.flagExternal{
  background-image: url('https://www.ucd.ie/t4cms/ucdmaincore_new_window_icon.png');
  background-repeat: no-repeat;
  background-position: center center;
  display: inline-block;
  width: 14px;
  height: 14px;
}

/
/*BUTTONS
*****/

.btn {
  border-radius: 0;
}

.btn-spacer{
  height: 34px;
}

.btn.default {
  color: #0a4873;
  background: #eee;
  border: 0;
}

.btn.blue {
  background: #2993d0;
  color: #fff;
}

.btn.blue:hover {
```



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```
background: #45a1de;
}
.btn.darkblue {
background: #0a4873;
color: #fff;
}
.btn.darkblue:hover {
background: #5f839e;
}
.btn.yellow {
background: #f0c650;
color: #0a4873;
}
.btn.yellow:hover {
background: #f8ce58;
}

main#single-column-content {
background-color: white;
}

.image.video img {
display: block;
margin: 0;
}

img {
max-width: 100%;
height: auto;
}

img {
vertical-align: middle;
}

img {
border: 0;
}

img[Attributes Style] {
width: 100%;
}

</style>
```

```
<!--<h1 class="pageTitle">General Information</h1-->
<h3>General Information</h3>
```

```
<div class="panel panel-default">
  <div class="panel-heading" role="tab" id="heading:ROWNUM">
    <h4 class="panel-title"></h4>
  </div>
  <div id="collapse:ROWNUM" class="panel-collapse collapse" role="tabpanel" aria-labelledby="heading:ROWNUM">
    <div class="panel-body">
      <p><p>This is the first out of&nbsp;four session course, one hour per session on self-awareness, mindfulness and resilience. Places are limited to 50
and will be offered on a first come first served basis, please book your place using this link.</p>
```

```
<p>In these four sessions David Delaney<strong>&nbsp;</strong>will expand your understanding of yourself. &nbsp;He will explain the process of thinking, perception and
decision making.</p>
```

```
<p><em>How can you expect to effectively manage others if you cannot first manage yourself?</em></p>
```



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<table border="1" cellpadding="0" cellspacing="0">

<tbody>

<tr>

<td colspan="2" style="height:40px; width:601px">

<p>Course Overview</p>

</td>

</tr>

<tr>

<td style="width:151px">

<p>Session One</p>

<p>Trimester 1</p>

</td>

<td style="width:450px">

<p>Reducing Stress and Managing Time</p>

</td>

</tr>

<tr>

<td style="width:151px">

<p>Workshop Two</p>

<p>Trimester 2</p>

</td>

<td style="width:450px">

<p>Increasing Focus and concentration</p>

</td>

</tr>

<tr>

<td style="width:151px">

<p>Workshop Three</p>

<p>Trimester 2</p>

</td>

<td style="width:450px">

<p>Thought processes and increasing energy levels</p>

</td>

</tr>

<tr>

<td style="width:151px">

<p>Workshop Four</p>

<p>Trimester 2</p>

</td>

<td style="width:450px">

<p>Becoming present and Learning to Listen</p>

</td>

</tr>

</tbody>

</table>

<p>This course helps you to:</p>

increase your self-awareness

have more energy

improve your communication skills

greater connections to yourself and those around you

improve your concentration levels and increase your ability to focus

improve your motivation skills

maximize your ability to retain information

reduce your stress

reduce imposter syndrome

reduce the possibility of burnout

<p>This session will cover the following topics:</p>



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- Getting out of your head and coming to your senses
- Understanding the brain and modern demands
- The stress cycle and how to complete it
- Making time and creating space
- Learning to breathe as if your life depended on it
- The conscious and subconscious
- Technique to release stress and calm the mind

General Details:

Start Date:	30 Nov 2022
Start Time:	15:00
Duration(Hours):	1.00
Location	B106
Computer Science and Informatics Centre	
Contact Name:	graduatestudies@ucd.ie
Contact Number:	

Please note that you must be logged into to avail of the Book Now function.