



**dcm** THE  
LEARNING  
EXPERTS



**Member  
Events**

# **DCM Members' Mindful Summer Wellness Sessions**



**Mental Health |  
Relaxation Tour**

## About Me



### Areas of Expertise



Mind



Body



Nutrition



Physical



Social



Sleep

### Qualifications

- ▶ BA Hons
- ▶ Diploma in Nutrition & Lifestyle Coaching
- ▶ Level 5 Effective Coaching & Mentoring
- ▶ OCN Level 3 in Sleep Coaching
- ▶ Insomnia Practitioner Diploma
- ▶ Anxiety Management Diploma

**Clare Hegarty**

DCM Learning Trainer

# What's Coming Up?



Delivered Live via Zoom



All Sessions Recorded



Free and unrestricted for DCM Members

10am - 11am



Savour the  
Flavour

Nutrition

10am - 11am



Summer  
Unplugged

Mental Health

10am - 11am



Rise &  
Shine

Sleep

10am - 11am



Relaxation  
Tour

Mental Health

# Navigating Stress & Cultivating Calm

- ✓ Living with Stress
- ✓ Managing Stress
- ✓ Finding Calm & Clarity
- ✓ Mastering Mindfulness
- ✓ The Art of Self-Care



**Mental  
Health**

# Work Life Balance



**Work**

# Social Media



**Social Media**

# Cost of Living



Money



# Poor Sleep

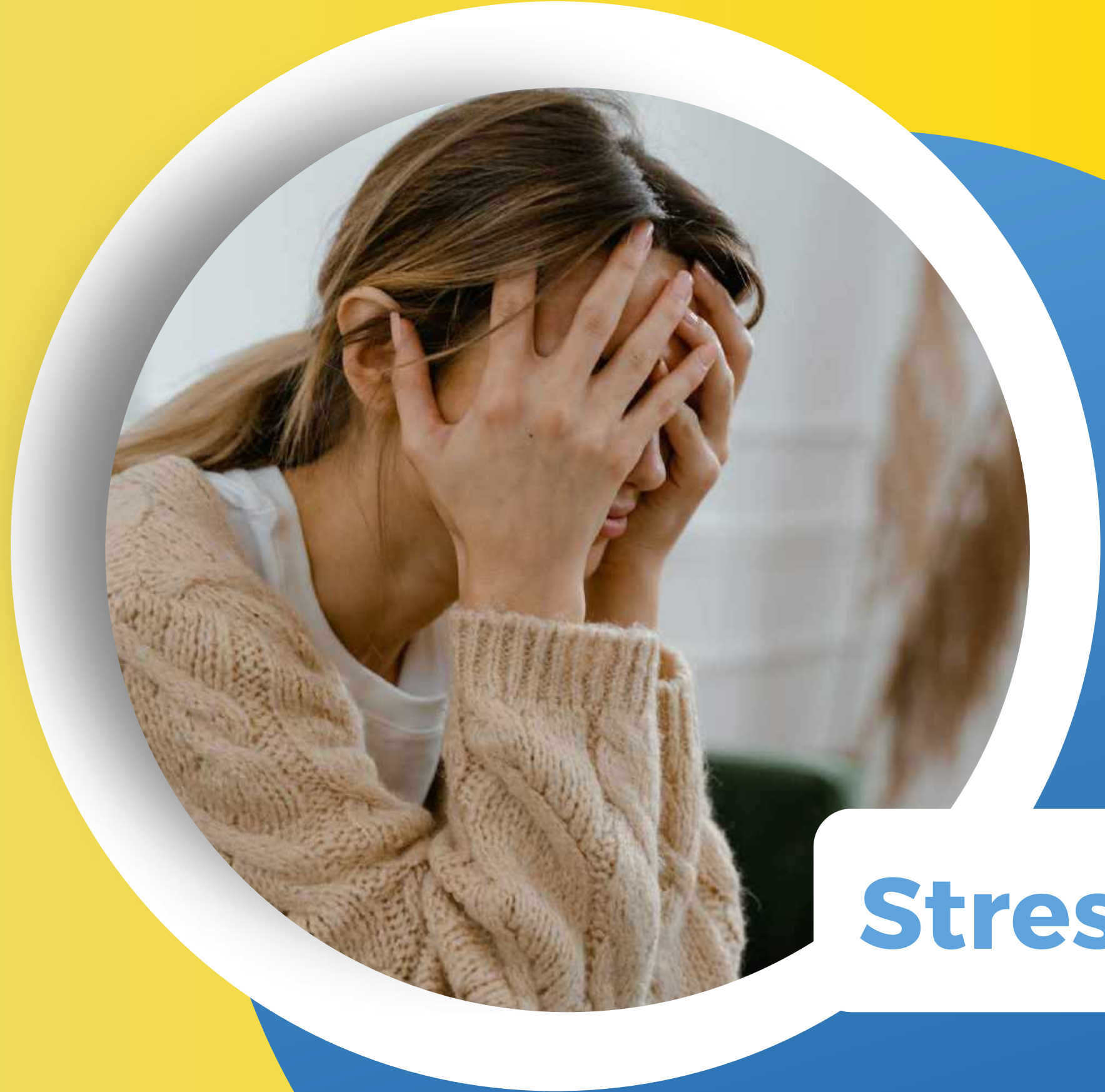


Sleep





# Stress/Anxiety



**Stress**





**2-3 Lifetimes**



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# Stress & The Workplace





self-awareness



# Common is NOT Normal



**GOOD STRESS**

**V**

**BAD STRESS**



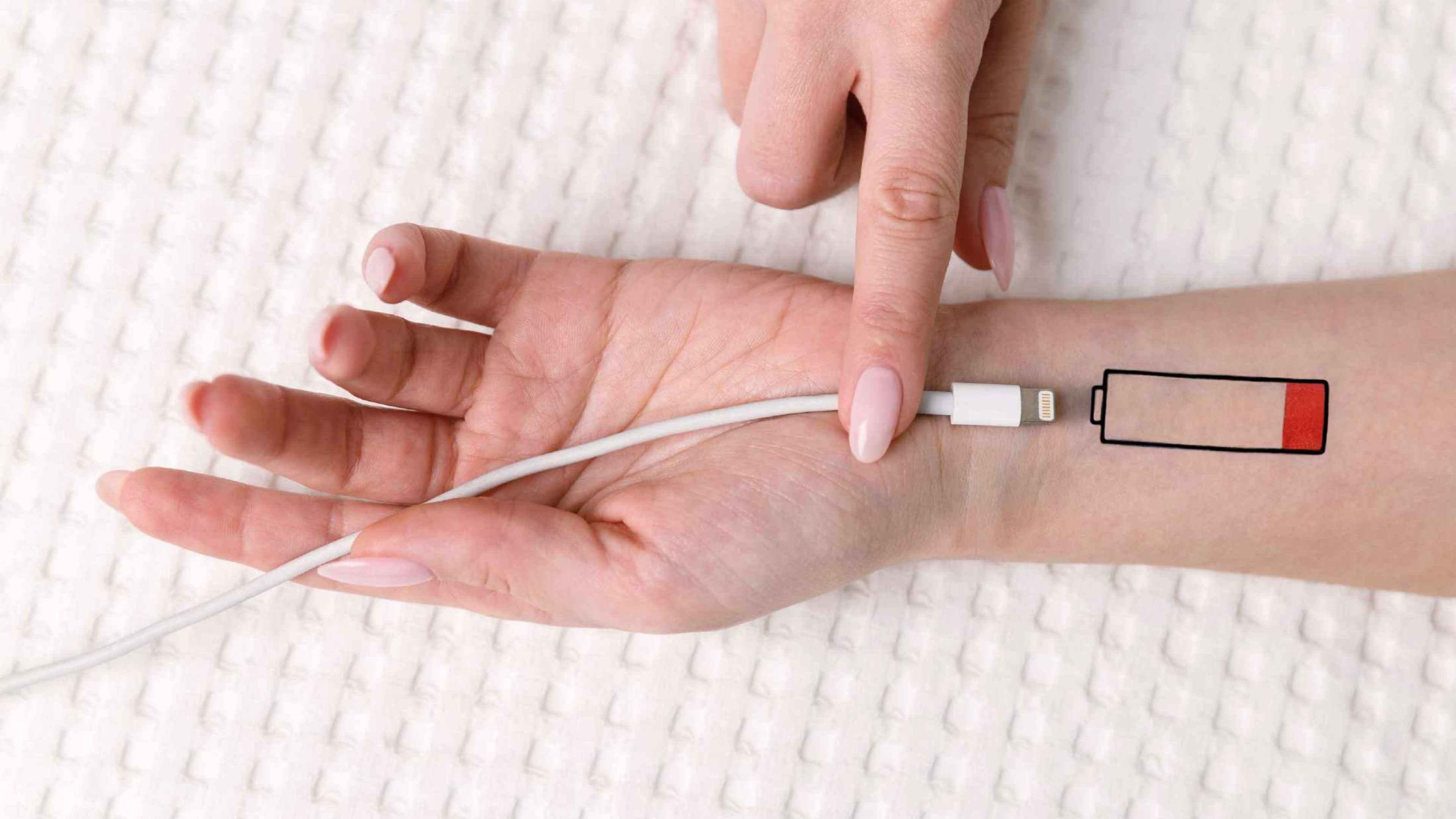


Stress  
Management



**Am I Depleted?**





What do I need?

HELP.





A close-up photograph of two hands, palms up, holding a small, rectangular piece of white paper with deckled edges. The paper is centered between the fingers and has the words "LET IT GO" printed on it in a bold, dark brown, sans-serif font. The background is a solid, dark color, making the hands and the paper stand out. The lighting is soft, highlighting the texture of the skin and the paper.

**LET IT GO**



mind full  
or  
mindful

?







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# Meditation



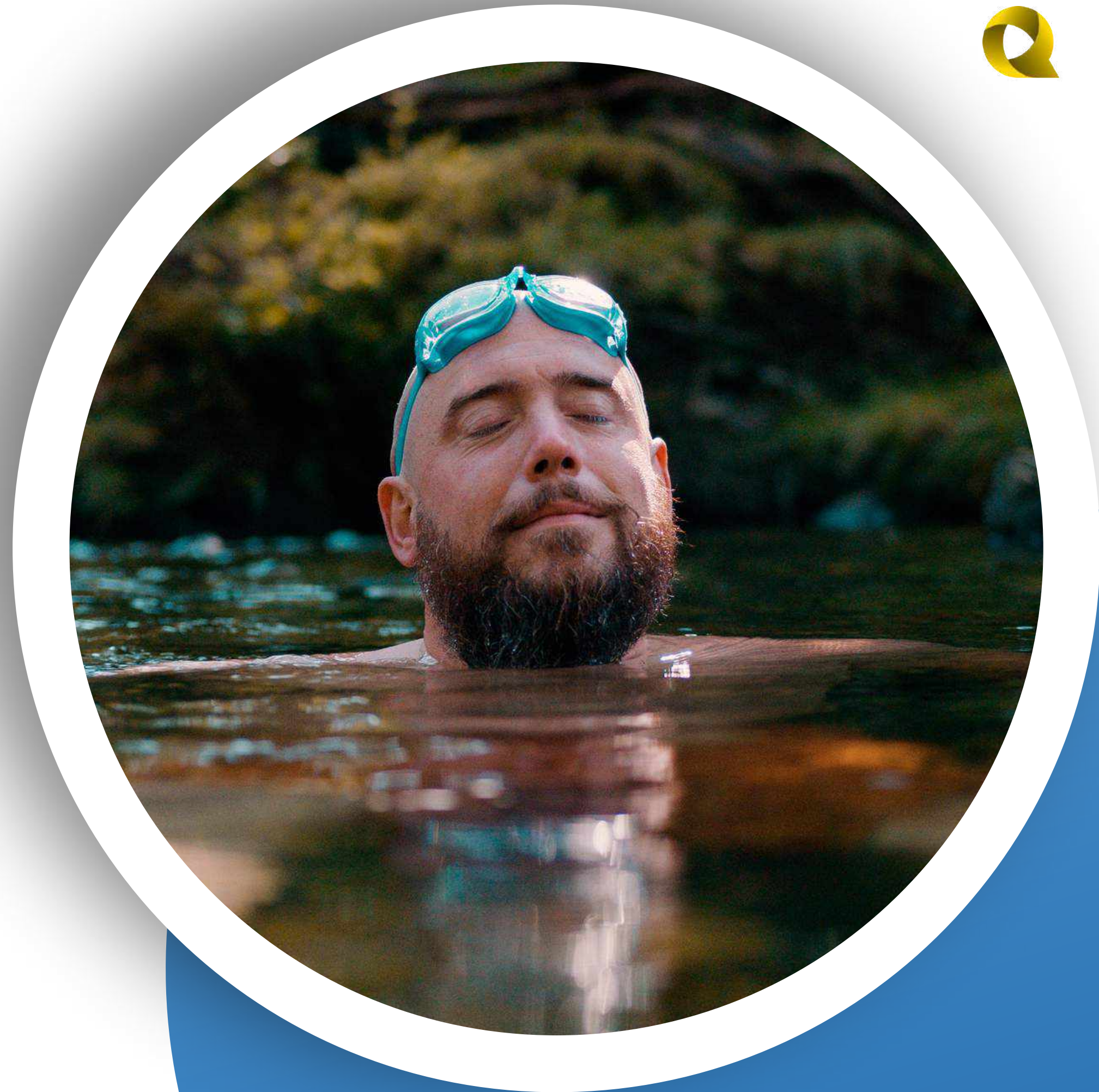
# Journalling





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# Cold Water Therapy



# Breathework

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Self care list ♡

- listen to music
- get creative
- face mask
- social media detox
- workout
- journal



Digital  
detox

NO POSTING  
NO LIKING  
JUST LIVING

H O M E

A top-down view of a person's hands holding a spiral-bound notebook. The notebook is open to a page with a light blue grid pattern. The text 'YOUR DAILY ROUTINE MATTERS' is written in a bold, black, hand-drawn font. The notebook is placed on a light-colored wooden surface. The spiral binding is visible at the top of the page.

YOUR DAILY

ROUTINE MATTERS









MAKE TIME  
FOR WHAT MATTERS

# Sleep Matters





**FOOD MATTERS**

A woman with her hair in a ponytail is running away from the camera on a dirt path. She is wearing a grey tank top and black leggings. The path is surrounded by tall grass and several large trees. The scene is brightly lit, suggesting a sunny day. A semi-transparent white box with rounded corners is centered over the image, containing the text 'MOVEMENT MATTERS' in a bold, dark blue font.

**MOVEMENT MATTERS**

THANK YOU



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# The Wellness Hub

As DCM Learning, as well as our monthly live sessions, members also get free and unrestricted access to a wellness hub with 30+ topics!

## Topics Include:

- ✓ Resilience Training
- ✓ Stress Management
- ✓ Mindfulness for Beginners
- ✓ Returning to Work After Grief
- ✓ Exercise for Everyone
- ✓ Having the Confidence to say "No"
- ✓ Workload Management
- ✓ Nutrition and Leading a Healthy Lifestyle

For more information, contact [ruth@dcmlearning.ie](mailto:ruth@dcmlearning.ie)

