

Wellbeing Week Activities 7 - 11th October

Monday 7th October

1. Monday's Match - Teachers vs. Students lunchtime Pitch



2. Workshop for First Years 2 hours per class in Library. *Create the Great in You.*

1A - 9.00-11.00

1B - 11.10-1.10

1C. – 2.00 – 4.00

create the great in you ENHANCE YOUR WELLBEING

“The most creative thing we can do is talk”

if in your head you can **CONCEIVE** and in your heart you can **BELIEVE** then in your life you will **ACHIEVE**

3C THINKING COMMUNICATION COLLABORATION CREATIVITY

www.createthegreatinyou.com
mark@createthegreatinyou.com

H: 0871194839 T: 041 6857819

3C THINKING
COMMUNICATION, COLLABORATION, CREATIVITY

Create the Great in You
A mentoring organisation that's passionate about promoting wellbeing and self-development. Our vision is to educate and empower individuals, groups and organisations to achieve their potential through participation in wellbeing and self-development programmes, designed to equip participants with the resources they need to cope with life's challenges.

Our Mentoring Programmes are built on "3C Thinking", **Communication, Collaboration and Creativity.**

WORKSHOPS & METHODS

Our team has worked with secondary school students, community, voluntary and charitable organisations, sports players and teams, and employees within businesses to address specific challenges faced by each organisation and its members.

Plans and Options:

- Option 1: One-off Workshop
- Option 2: Introduction to 3C Thinking, half Day Workshop
- Option 3: 3C Thinking & Motivational Learning 2 Day Workshop
- Option 4: 3C Thinking & Mentoring Workshops 4 x 2 hour sessions
- Option 5: 4 x 2 hour sessions

Modules:

- Magic Workshop
- Communication Workshop
- Collaboration
- Creativity Workshop
- Mentoring Workshop
- Resilience
- Leadership
- Wellbeing

TESTIMONIAL

Mr John Lonergan

John is the former Governor for Mountjoy Prison in Dublin. John first met and became a supporter of our founder, Mark McCormack in 2013. Mark interviewed Mr Lonergan as part of his first year research project in Dundalk Institute of Technology. In 2017 he attended a graduation of students from O' Neill College, where Mark pitched his first programme. John spoke to the students on the topic of peer groups and making the right choices and commended Mark and his team for their hard work in getting Create the Great in You Ltd established. John stated there are many people with ideas but few follow through with their dreams.

WHAT WE DO

Develop Interpersonal Skills - Build Resilience - Engage Emotional Intelligence

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3. 5th **Wellbeing class competition** for the class with the **least amount of screen time** for the week will have a Drop Everything and Chat Class during Wellbeing.



Tuesday 8th October

Fruit Distribution Day – Parent’s Council



Workshop for First Years 2 hours per class in **Library** . *Create the Great in You.*

1D 9.00-11.00

1E 11.10 - 1.00

1F 2.00 - 4.00

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COMMUNICATION COLLABORATION CREATIVITY

Create the Great in You
A mentoring programme that empowers young people through communication, collaboration and creativity. Our focus is on building self-esteem and confidence, and developing the skills and attitudes needed to succeed in the workplace.
Our Mentoring Programmes are built on “3C Thinking”
Communication, Collaboration and Creativity.

WORKSHOPS & METHODS

Our focus has worked with various school districts, community, voluntary and charitable organisations, youth groups and teams, and companies, with locations in Dublin and across the country.

Plans and Options:

Option 1: One-off Workshop	Option 2: Introduction to 3C Thinking - half day workshop
Option 3: 3C Thinking & Motivational Learning	Option 4: 3C Thinking & Mentoring Workshops
Option 5: 3C Thinking & 3C Thinking	Option 6: 3C Thinking

Additional:

Magic Workshop
Communication Workshop
Collaboration Workshop
Creativity Workshop
Mentoring Workshop
Resilience Workshop
Wellbeing Workshop

TESTIMONIAL

Mr John Loneragan

John is the former Director for Technical Skills in Dublin. John has met and developed in support of our students, their first experience of work. In 2013, John was invited to participate in a project of the “Create the Great in You” programme. John spoke to the students on the topic of “your future” and “your dreams”. John’s presentation was well received and the students were very engaged. John’s presentation was well received and the students were very engaged. John’s presentation was well received and the students were very engaged.

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Wednesday 9th October

Workshop for 2nd Years 2 hours per class in Library . *Create the Great in You.*

2A 9.00 - 11.00

2B 11.10 - 1.10

2C 2.00 - 4.00



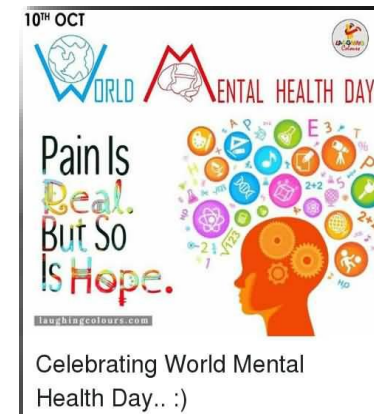
10.20 Brandon and Sharon Webb

Ireland's Got Talent - speaking to all **3rd Years Assembly** - *Drug Awareness*



Thursday 10th October

1. **Whole School Wears Orange** to mark **World Mental Health Day** prize for the best effort from each year group.
2. **CBS Colloborating with 5 Secondary Schools** in Naas and displaying their art work on Poplar Square between 10-11.00 am to mark World Mental Health Day.



2. **Workshop for 2nd Years** 2 hours per class in Library. *Create the Great in You.*

2D 9.00-11.00

2E 11.10 - 1.10

2F 2.00 – 4.00



3. **Nikki Bradley** - speaking with **5th & 6th Years** on Resilience & overcoming adversity.

5th Years: 11.50

6th Years: 12.30



Friday 11th October

Park Run/ Walk - Naas Race Course, for 1st , 2nd and 3rd Years. 9.00-1.00pm

Movie for year group that completes the track in the fastest time to follow within the next few weeks.



Other Activities Planned

- 1. Art Competition: Senior and Junior Competition on positive mindset**
- 2. Tree of Gratitude in Assembly students write what they are grateful for**
- 3. Music in Assembly during lunch**
- 4. Mindful Minute over Intercom each morning**