

Training for Elected Members September 2017

‘Minding our Mental Health’ – A briefing for Elected Members on minding their Mental Health & Wellbeing

14 th September	Dublin, Eastern & Midlands Region	City North Hotel (on the M1), Gormanstown, Co. Meath
19 th September	Border & Western Region	Ard Rí House Hotel, Tuam, Co. Galway
23 rd September (Sat)	Southern Region	Clayton Silver Springs Hotel, Tivoli, Cork

Training Day Programme

9:30am – 10.00am	Registration & Tea/Coffee
10.00am	Introduction, Overview and Opening by Chair, Cllr. Damien Geoghegan, Vice/President AILG
10.00am – 11.00am	<p>Stress management & Personal resilience</p> <p>People in all walks of life have days that are sometimes good, sometimes bad, and, most of the time, somewhere in between. Councillors are not exceptional in this regard but their frontline role in the public arena does bring specific demands. The seemingly endless round of meetings, the cut-and-thrust of political life, and the way in which social media demands instant results – all are among the pressures which can impact on a Councillor’s well-being.</p> <p>Speakers: Cllr Pio Smith, Louth Co. Co. Cllr Breda Gardner, Kilkenny Co. Co.</p>
11:00am – 11:20am	Tea/Coffee Break
11.20am – 1.00pm	<p>Open Forum Discussion</p> <p>Councillors are welcome to speak about their own experiences and share approaches which they find helpful in managing the stresses – and the successes – of their public roles.</p> <p>Panel: Cllr. Shane P. O’Reilly, Cavan Co. Co. Cllr Pio Smith, Louth Co. Co. Cllr Breda Gardner, Kilkenny Co. Co. Cllr. Jason Murphy, Waterford City & Co. Co.</p>
1.00pm	Close & Lunch

Panel of speakers

Cllr Shane P. O'Reilly, Cavan County Council, has been an elected member since 2004 and has been involved in a number of relevant roles including as Chair of the Cavan Drugs, Alcohol & Mental Health Forum and the North Eastern Regional Drugs Task Force. He spoke at the AILG Autumn Conference in Gorey in 2016 on well-being for Councillors and will be developing this theme over the training programme.

Cllr Breda Gardner, a native of Co Galway, trained as a nurse in Jervis St Hospital Dublin before working in America and London for 20 years. She is married to Jerry and has 4 children aged 17 to 21 years. She is a complimentary health practitioner and author of "Words of Wisdom for Your Health and Happiness" alongside a meditation CD called "Inner Love and Peace". She writes weekly health articles in *Waterford Today* and serves on the South East Health Forum. She is a member of Kilkenny County Council since 2014 and an active volunteer with Carlow /Kilkenny Red Cross.

Cllr Jason Murphy – elected in 2014 - lives and works in a busy electoral area of Waterford's inner city. A single parent of two teenagers, he has brought the issue of mental health to the fore with public speeches, newspaper articles and radio and podcast appearances. He feels strongly that councillors need to develop "personal boundaries" so as to manage the impacts of stressful situations.

Cllr Pio Smith has a BA Degree in Psychology and is studying for a masters in Cognitive Psychology. He has been a Councillor since 2011 and is currently Mayor of Drogheda Borough District. He is a volunteer with the Samaritans and has wide experience of dealing with people who are in stressful situations. He

has a particular interest in helping colleagues develop their stress management techniques and their personal resilience.