

# Let's Talk

Aiming to encourage and promote mental well-being in the dental workforce our "Let's talk" series offers an opportunity for you to evaluate and improve your work life balance. These events are free of charge and options are available for the entire dental team.

It is frequently acknowledged, yet rarely discussed, how demanding work in a dental practice environment can be. There are recognised methods of managing these pressures to minimise the potential impact on our mental health. This is an opportunity to view this aspect of our everyday working life and consider modifications to ensure we remain resilient. It is also a chance to discover how we can assist others who may find defined points in their career particularly challenging. The many and varied avenues available for support in this area will also be highlighted.

## Course Dates

### DENTIST ONLY:

#### **27th November 2013**

Personal Resilience  
Gary Kane (Action Mental Health)  
Antrim Civic Centre, Antrim  
7pm-9pm

#### **4th March 2014**

Resiliency: Strength Under Stress  
Marie Dunn  
Craigavon Civic Centre, Craigavon  
7pm-9pm

#### **26th March 2014**

Mood Matters  
Andrea Kearns (Aware Defeat Depression)  
Flowerfield Art Centre, Portstewart  
7pm-9pm

### DCP ONLY:

#### **5th November 2013**

Resiliency: Strength Under Stress  
Marie Dunn  
Flowerfield Art Centre, Portstewart  
7pm-9pm

#### **11th December 2013**

Mood Matters  
Andrea Kearns (Aware Defeat Depression)  
Craigavon Civic Centre, Craigavon  
7pm-9pm

#### **19th March 2014**

Personal Resilience  
Gary Kane (Action Mental Health)  
Farsat International, Belfast  
7pm-9pm

### DENTAL TEAM:

#### **21st October 2013**

Resiliency: Strength Under Stress  
Marie Dunn  
Clinton Centre, Enniskillen, 7pm-9pm

#### **5th December 2013**

Stress in the Dental Practice  
Professor Tim Newton  
Antrim Civic Centre, Antrim, 2pm-5pm

#### **10th December 2014**

Resiliency: Strength Under Stress  
Marie Dunn  
MDEC, Londonderry, 7pm-9pm

#### **28th January 2014**

Personal Resilience  
Gary Kane (Action Mental Health)  
Flowerfield Art Centre, Portstewart  
7pm-9pm

#### **29th January 2014**

Mood Matters  
Andrea Kearns (Aware Defeat Depression)  
Antrim Civic Centre, Antrim, 7pm-9pm

#### **30th January 2014**

Occupational Stress and Depression  
Prof Ruth Freeman  
Malone House, Belfast, 10am-4.30pm

#### **31st January 2014**

Occupational Stress and Depression  
Prof Ruth Freeman  
Omagh Enterprise Centre, Omagh  
10am-4.30pm



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