



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

THE LEADERSHIP WORKSHOPS AT TRINITY COLLEGE

A series of strategic action workshops for purpose driven, high impact leaders.

Practical takeaways for lasting results

Understand why it's so critical to put on

YOUR OXYGEN MASK FIRST

- To be an effective, strong and generous leader
- Understand your current mental health, and how you can become stronger

- Complete a Self-Assessment to determine your Wheel of Resilience
- Identify the #1 habit you need to improve your strength and performance (and your team members')
- Craft your personal Resilience Rituals
- Draft your Master Plan for work, self and life, that includes the most important people in your life.

YOUR OXYGEN MASK FIRST

**Monday
September 17th 2018**



Kevin N. Lawrence

**WORKSHOP 1, MONDAY SEPTEMBER
17TH 9.00 AM TO 1.00 PM**

YOUR OXYGEN MASK FIRST with Kevin Lawrence
A no-nonsense approach for high-achievers to survive and thrive in work and life.

Co-hosted by Geraldine Ruane COO, Trinity College Dublin and Paul O'Kelly

The workshop takes a deep dive into some of the key teachings from Kevin Lawrence's book **YOUR OXYGEN MASK FIRST**. Participants leave the workshop with a new awareness and crystal clear commitment to high-impact strategic actions.

To reserve your place at this invitation only workshop register today as there are limited places available.

Register NOW

katieanne@paulokelly.com

[lawrenceandco.com/
your-oxygen-mask-first](http://lawrenceandco.com/your-oxygen-mask-first)