**The Awakening Education Programme**

The Awakening focus on igniting Human potential and performance of our youth through enriching and awakening the human spirit.

Our Education Programme empowers students, inspires teachers and ignites parents in all areas of health, wellness and performance.

**Who:**

Leaving Certificate Students, Teachers, Parents:

**What:**

Talks will include:

* How to lead self
* How to lead and guide students
* Wellness of self and others
* Confidence building and self esteem
* Building resilience in all areas of life
* Performance and managing performance under pressure
* Effective learning - understanding brain and mind
* Managing stress and mental techniques

**Duration:**

90-minute

**Where:**

St Jarlaths School Hall, Tuam

**Gerry Hussey** [**www.theawakening.ie**](http://www.theawakening.ie)

Gerry has been working at the fore front of Corporate Teams and Olympic & International Sport since graduating in Psychology from Trinity College Dublin in 2003. Gerry has prepared and led teams for success at Olympic Games, World cups, Golf Majors, Heineken Cups and All Ireland Championships. Gerry has carried out extensive work in Organisational Performance and Development. He is passionately committed to igniting, awakening and building human capacity and excels in creating dynamic, innovative and high performing culture that grows its people to achieve excellence in performance and leadership.

