

Life is busy!

But practising mindfulness can help us live more calmy in the present moment.

If you would like to...

- make some time for you in college
 - improve your attention
 - reduce your stress levels

..sign up for my 5-week mindfulness workshops - Aungier St, 5th Floor, Room 5037

- Week 1 -** Introduction to mindfulness. What is it? Why is it relevant to me?
(Friday, 14th February, 1-2pm)
- Week 2 -** Are you living on autopilot? - Breathing technique 1.
(Friday, 21st February, 1-2pm)
- Week 3 -** Calming the monkey mind & improving attention - Breathing technique 2.
(Friday, 28th February, 1-2pm)
- Week 4 -** Stress management. Beditation - Breathing technique 3.
(Friday, 6th March, 1-2pm)
- Week 5 -** Mindful movement & living mindfully in our bodies - Breathing technique 4
(Friday, 13th March, 1-2pm)

My name is Maria Kenneally,
I am a Humanities lecturer and
trained mindfulness teacher
working at TU Dublin.

*Max 20 students will be allocated places
on a first come first serve basis.*



to sign up simply email
maria.kenneally@tudublin.ie

Ethical concerns:

It is very important to me and indeed to all staff at TU Dublin, that any research we conduct adheres to very strict ethical guidelines. Ethical approval was sought and granted for this study and as a trained mindfulness teacher and researcher, I am also bound by very strict ethical principles. Participation in these workshops is completely voluntary and if you take part, you are free to leave at any time and you do not have to give any reason for doing so.

Are there any risks involved?:

A majority of individuals who attend mindfulness workshops claim to find them very helpful. However, it is important that you know that this cannot be guaranteed. As with any supports that we can offer to students, there is the possibility that you will attend these workshops and may not notice any positive change or improvement in your life or your study. The focus of the workshops is positive and the goal will be to help you to become more focussed, more self-aware and to live in the present moment. However, if for any reason any emotional difficulties are aroused for you in the course of the workshops our college counsellor, Clodagh Ni Ghallachoir, will be on hand to offer expertise and support. She can be contacted on telephone number 01 8851321.

What information will be collected and how will it be used?:

These workshops are being conducted as part of a large research study that TU Dublin have received funding for, the Transform-EDU project. This project involves providing supports for students throughout their study and measuring the impact that this will have on their study and on their employability. Therefore, if you do come to the mindfulness workshops, we would like to collect some basic information from you to help us to assess what impact the workshops have had. At the first session, you will be asked to complete an information sheet and provide us with your name, date of birth, student number and the course you are studying. You will also be asked to list the reason/s why you are interested in taking the workshops and what you hope to gain from them. At the very last workshop, you will be given a short questionnaire on which you will be asked for some feedback about the sessions and your opinion as to how useful they were or how they might be improved. We would also like to track your GPA to see if taking part in the workshops will help you to achieve higher marks in your exams. You should know that all of this information will be kept in the strictest confidence. Your personal details or exam marks will not be released to anyone and your name, personal details or exam marks will not be listed in any publications related to this study. The only scores that will be published will be average scores for those that took part in the study, so there is no way that anybody could know who took part in the study from anything that we will publish related to it. Your questionnaires will be stored in a locked drawer in a locked office and will also be entered into a database that will be stored on a computer that is password protected and encrypted i.e. even if the computer was stolen the file would be unreadable.

I wish you a very productive and happy semester and I look forward to seeing some of you at my mindfulness workshops.

Kind regards, Maria.

