Jacinta Kitt, is a lecturer on the M.Ed programme in Trinity College Dublin. She provides awareness sessions and training in schools and colleges throughout the country, on the general subject of interpersonal relationships in educational and other workplaces. She is the author of a number of published articles and a book entitled ‘Positive Behaviours, Relationships and Emotions …the Heart of Leadership in a School’.

Jacinta has compiled two presentations to support those working in education, in these difficult times. These address ‘Building Psychological Capital in these Challenging Times’ and ‘The Importance of Emotional and Social Intelligence for Happiness Success and Wellbeing’.

Each presentation is accompanied by a set of slides. Ideally, it would be best to listen to the presentation while viewing the slides and the sequence of the slides corresponds with the presentation material.

The main aim of the presentations is to encourage those listening to reflect on their individual situations and try to find some helpful means of sustaining and enhancing personal wellbeing.

We hope that you will find them useful.