

All are welcome!



MAKING SPACE FOR WELLNESS:

Overcoming end of semester stress
with Eimear Larkin



[Register on Eventbrite!](#)

Wednesday,
24th April 2024
13:00

Join us online to learn more about:

- Making space for wellness
- Mindfulness based Stress Reduction

Eimear Larkin is a Personal & Executive Life Coach, Founder of Core Connection, a life coaching business for both personal and professional development.

Eimear specialises in Neuro Linguistic Programming (NLP) and Mindfulness based Stress Reduction (MBSR). She is passionate in the work she does and genuinely wants the best for her clients. Her areas of expertise include Clearing Limiting Beliefs, Being in the present, Resilience and Visualisation.

Eimear is a Licensed Business Practitioner of NLP and is a member of the European Mentoring & Coaching Council and holds a MSc in Sociology from UCD.

Sponsored by HECA as part of the Healthy Campus Initiative

