

AWAKENING a day with Gerry Hussey

Friday 15th September 2023, Seafield Hotel, Ballymoney, Co Wexford
9:30am - 4pm including lunch and refreshments

An event like no other, Friday 15th September is a day open to all dental team members to attend. The day will be facilitated by performance coach Gerry Hussey and will look at many aspects of our busy lives, team dynamics, leadership and stress.

This will be a day to take time out to breathe, pause, have fun, heal, nourish and to let go. The workshop will focus on re-energising and re-focusing Mind, Body and Soul to empower attendees make sustainable and tangible improvements to their mental, physical and emotional well-being that will positively impact both their health and performance.

It is designed to be fun and engaging which will empower and enable attendees to unlock and rediscover the very best of their true self and re-ignite a passion within.

Why not sign up for the day and bring along your dental team members. You might actually enjoy it and learn something new about yourself.



To book go to www.dentist.ie and click on **BOOK CPD**
Registration Fee - €140 to include lunch and refreshments



Soul Space – Gerry Hussey, Performance Coach & Author

Gerry is a performance psychologist and also in more recent times has been coined 'The Soul Coach'. He has been in the human health and performance field for almost 20 years.

Gerry has been at the forefront of building high performance teams and individuals in Olympic and Professional, sport and corporate organisations. His vast experience has seen him prepare and lead teams for success at Olympic Games, Heineken cups, World Cups, and World and European Championships. He has worked and currently works with some of the world's leading sport and business teams as well as coaching for high performing individuals. He is a leading voice that is challenging us to rethink health and performance in a whole new way and his integrated approach is one of honesty, simplicity and authenticity.

In the corporate space, Gerry excels in creating dynamic, innovative and high performing organisational culture and behavioural focus that grows its' people to achieve excellence in performance and leadership. Gerry brings an unrivalled wealth of honesty, experience and infectious passion to everything he does. He has the ability to awaken, unlock and connect people and teams in a truly powerful manner.

Gerry is the international bestselling author of the ground-breaking book *'Awaken Your Power Within'*.

ACCOMMODATION

Limited number of bedrooms have been reserved at Seafield Hotel. To book please contact Seafield Hotel directly & quote DENTAL

Thursday 14th September - €185 B&B (single occupancy) **Friday 15th September** - €185 B&B (single occupancy)

Saturday 16th September - €195 B&B (single occupancy)

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