**Would you like to become more confident?**

**Do you want to learn how to manage stress and anxiety?**

**Are you looking to improve your performance as a student?**

If you answered yes to any of these questions, then please read on to find out about emotional intelligence (EI) and how to sign up for **free EI workshops** being offered to students this semester 🙂

My name is Aiden Carthy and I am a psychologist, an emotional intelligence coach and the Director of the Research Centre for Psychology, Education and Emotional Intelligence (www.peei.ie).  Myself and a fellow coach from PEEI will be delivering the free workshops and we have a lot of experience in this area particularly with respect to working with students and staff in educational settings to help them improve their EI.  If this is something that you would like to avail of, we do hope you will come along to the workshops and look forward to seeing you there.

**What is emotional intelligence?:**

Emotional intelligence refers to our abilities to deal with our own emotions, to understand the emotions of other people and to manage our stress.  Put simply, EI is the ability to have good social skills and to be good at dealing with stress and negative emotions.  A lot of research has been conducted with respect to EI and lots of studies have demonstrated three very important things;

* That EI is a skill and just like any other skill, it can be improved.
* When people improve their EI this can help them to feel happier, to feel less stressed and to have more positive and healthy friendships and relationships.
* Students who have higher EI are more likely to pass their exams and to have higher GPA's.

**EI workshops:**

This semester, there will be free EI workshops offered at TU Dublin for second year students, which will take place online (via Teams) at the following times:

1. Monday 10-11am
2. Monday 12-1pm
3. Tuesday 2-3pm
4. Tuesday 6-7pm
5. Wednesday 1-2pm

**There is space for just 25 students in the workshops and places will be offered on a first-come, first-served basis.**

The workshops will include some relaxation exercises and will also give you practical advice and simple exercises that you can use to help you increase your EI.

**STLR:** The mindfulness workshops are STLR tagged. If you attend at least four of the five workshops, you will receive a certificate of completion and will

**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 psychologists and an emotional intelligence coaches, we are 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 EI 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.  During the workshops we will be

discussing topics such as stress, anxiety and relationships.  The focus of the workshops is positive and the goal will be to help you to become more confident and improve your EI.  However, there is

the possibility that some of the topics that are covered may cause you to feel upset or may be difficult for you to work through.  If this happens, as I've said above, we are psychologists and have a lot of expertise in this field.  We will also be alerting the college counsellors that the workshops are taking place and if you need to, you can make an appointment to speak with one of them.

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

As per above, 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.  Before you attend your first workshop you will be sent an email with links in it for you to complete a very brief demographic form and two brief measures of stress and resilience. After the final workshop we would like to collect some very basic feedback from you and will also ask you to take the stress and resilience measures again to see if there is any difference in your scores. These tests are very quick to take. 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 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

**What should I do next?:**

Please contact me at **aiden.carthy@tudublin.ie** if you have any questions about the workshops and I will be happy to answer them for you.

Otherwise, if you would like to confirm your interest and take part, please complete the consent form attached (or have a parent/guardian complete a form if you are under the age of 18) and email it back to me.

Once I receive your signed consent form, I will register you for your workshops on Teams and send you the link for the short questionnaires you need to complete and then the facilitator of the mindfulness sessions will contact you directly from there.

I wish you a very productive and happy semester and I hope you will benefit from taking these mindfulness sessions.

Best wishes,

Aiden.