

# Promoting Communication



## Your Live Health & Wellbeing Seminar


with Mental Health Promotion Officer **Fergus Maher**

Happy World Teachers Day! Spectrum.Life are celebrating World Teachers Day on 5th October in partnership with the Department of Education with a series of seminars to show appreciation for our teachers and all they do.

The seminars below have been selected for the teachers to support them through some of their greatest challenges and to give them the tools to deal with them.

Being a teacher is challenging in many ways, and today on World Teachers Day we're acknowledging one of the biggest challenges, that of becoming a better communicator. We're told – it's easy, just say what you mean, and you'll be understood. But too often, what we mean to communicate gets lost in translation despite our best intentions! We say one thing, the other person hears something else, and misunderstandings, frustrations, and conflicts ensue.

 **16:00**

 **05/10/2023**

 **Join [HERE](#)**

This seminar will help you understand how through communication we impact all our relationships.

**spectrum**  
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