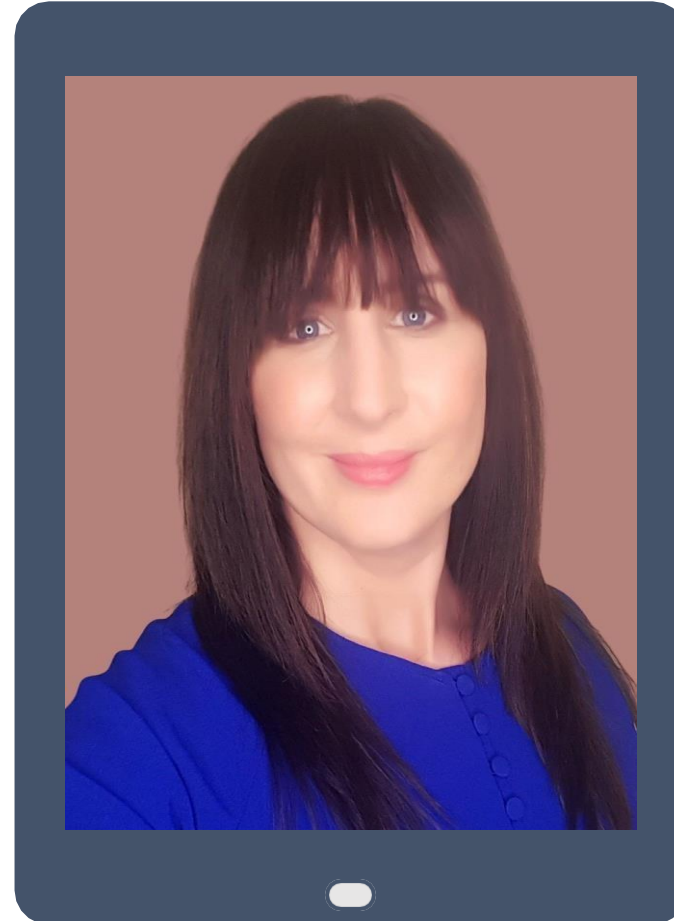


Treasa Hanniffy – Remote Working

Treasa has a wealth of experience in health promotion, training, and personal development, with a genuine passion for health and mental well-being. Utilising her expertise in health promotion, wellness, facilitation and coaching, she collaborates with clients to deliver compelling and impactful wellbeing services in the workplace. Through talks, live workshops, and coaching programs, she empowers employers and employees with practical tools and insights to enhance their health and well-being while learning to thrive in life.

Qualifications

- Masters in Adult Learning and Development, NUIG
- Professional Coaching Practice and Ethics, FETAC Level 6
- Diploma in Executive and Life Coaching, Positive Success Group
- B.Sc. Honors Degree in Public Health and Health Promotion, Sligo Institute of Technology



Topics Covered:

- Working Remotely
- Tackling the Obstacles
- Planning
- Routine
- Positives of Working Remotely
- Stress Management