

LEO Dublin City Women in Business Network



Summer Barbecue Networking Event

"The Secret of Happiness"

Speaker: Niamh Hannan, Mindworks

Date: Monday 10th July 2017

Time: 18.45-21.00

Venue: The Glasshouse, House Venue, 27 Lower Leeson Street

Our July event is a special event to bring together our members in one of Dublin's most beautiful venues for a summery social evening. Our Guest speaker is Niamh Hannan of Mindworks.ie on the topic of The Secret of Happiness.

Traditionally, Psychology has been focused on disorders and people's problems; Positive Psychology however is the study of happiness. This talk teaches the importance of happiness and equips participants with simple but effective tools to increase their happiness in life and in work.

Based primarily on research from Positive Psychology, this talk aims to clarify the myth of what it takes to be successful, and instead switches the focus to being in a positive state. Within one hour you will gain a different understanding of happiness and success, aswell as simple tools to increase your own happiness on a daily basis:

- Happiness vs Success
- The Happiness Advantage (formula for Success)
- Daily practices you can adopt to improve your happiness
- The Secret of Happiness (3 steps)

The talk will be followed by a barbecue and informal networking.

Please email leodcwomeninbusiness@gmail.com to book your place if you're a member or to enquire about membership if not. See <https://www.localenterprise.ie/DublinCity/Start-or-Grow-your-Business/Networking/Women-in-Business/> for information about the network.

Speaker Profile: Niamh Hannan

Niamh is a Chartered Counselling Psychologist with the Psychological Society of Ireland. She has a part-time private practice in south Dublin since 2004 and runs her own business, [Mindworks.ie](http://www.mindworks.ie). She is also Chairperson on the Board of Directors for TeenLine Ireland (voluntary position).

Niamh has extensive experience working with individuals, families and teenagers. In addition to her private practice, Niamh has also worked with groups in a variety of contexts and organizations (UCD, AIB, Allianz, Irish Stock Exchange, Accenture, law firms, multinationals, schools, charities, amongst others), designing and facilitating talks & interactive workshops. Niamh incorporates Mindfulness into her personal and professional practice, and regularly contributes to media.

Niamh Hannan, www.mindworks.ie, ph: (087) 997 5226