

## **Workshop 2: HIP Psychology**

The philosophy at HIP Psychology is to deliver enjoyable and engaging experiences where participants take away robust, practical strategies to add value to their personal and professional lives. This interactive workshop will focus on enhancing resilience and will achieve this and much, much, more.

The workshop will get to the core of what exactly resilience is and how you can embed it within your school culture. It will explore techniques to enhance resilience levels by integrating research with examples of best practices in schools which HIP Psychology has worked with.

It will look beyond the school setting for inspiration, gaining insights from figures such as Jacinda Ardern and Sir Bruce Forsyth.

The workshop will explore the following three core themes:

- 'Hunt The Good'
- 'Together Stronger'
- 'Keep Your Table Stable'

## **Workshop Presenter**

### ***Cormac Venney***

Cormac's primary school sports coaching role revealed a need to assist children with emotional and behavioural needs and this led him to pursue a Master's degree in Psychology and upskilling in the USA, resulting in the birth of HIP Psychology.

HIP supports pupils across an array of areas including well-being, anti-bullying, anxiety and emotional growth. In the last two years, HIP has supported schools in the North of Ireland, conducting workshops for staff, parents and pupils.

HIP will launch Ireland-wide in 2023 and will also bring their 'Live Online Megathon Model,' enabling HIP to extend support to pupils and staff across Ireland.

Beyond HIP, Cormac has served as sport psychology support for Ulster Rugby (2015-2020) and worked with elite athletes in various sports.

In his personal life, Cormac coaches his local under-13 GAA team and performs improvisation comedy.