

Workplace Wellbeing Day 29th April

# Connecting to Self and to Others A Mindful Approach

Seirbhís Chúnaimh  
d'Fhostaithe na Státseirbhíse



Civil Service Employee  
Assistance Service



Philip O'Callaghan



Deirdre Power

**CSEAS  
Webex  
Friday 29th  
April**

**11.00 - 11.45 Click here to register**

**2.00 - 2.45 Click here to register**



**...a colleague  
whom you  
haven't seen for  
a while**

**Connect  
With...**

**...a new  
colleague who  
joined within the  
last two years**

**...CSEAS if you'd  
like to chat about  
a challenge you  
are facing**

**...a colleague  
who has retired  
or is about to  
retire**

On-duty EAO available at 0818 008 120  
Mon - Thurs: 9am to 5.15pm\* Fri: 9am to 5pm\*  
\*(except bank/public holidays)

Email: [cseas@per.gov.ie](mailto:cseas@per.gov.ie)  
[www.cseas.per.gov.ie](http://www.cseas.per.gov.ie)