

## **Mind Emotional Nurturing Company** **(<https://www.activelink.ie/node/116019>)**

### **Mission Statement**

To redefine how schools approach mental and emotional well-being, creating a world where education goes beyond academics, and every student is empowered to reach their full potential.

### **About Us**

Mind Emotional Nurturing is a non-profit organisation based in Dublin, dedicated to promoting mental and emotional well-being in schools across Ireland. Rooted in Social and Emotional Learning (SEL) and Cognitive Behavioural Coaching (CBC), we support post-primary schools through evidence-based programmes, training, and practical resources that help educators identify emotional distress early and respond with confidence and care.

### **Aims and Objectives**

- To provide high-quality, evidence-based coaching psychology training for educators.
- To support students facing emotional and mental health challenges through understanding, skilled, and compassionate responses.
- To equip schools with tailored tools, through our signature GREAT SCREAM Programme, to create nurturing learning environments.
- To promote the development of emotionally resilient, self-aware, and capable young people.

### **Areas of Work**

- Cognitive Behavioural-Informed Approaches in Schools
- Preventative Mental Health Programmes for post-primary students
- Educator Training and CPD Workshops in coaching, social, & emotional learning skills
- Development and delivery of self-care tools, workbooks, and emotional development resources

### **Contact Info**

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### **Website**

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