

## **Centre for Social and Emotional Intelligence** **(<https://www.activelink.ie/node/12017>)**

The Centre for Social and Emotional Intelligence offers a range of Low Cost Counselling and Coaching Services to enhance and promote mental wellbeing.

We deliver a wide range of practical training programmes suitable for parents and professionals who wish to enhance their own social and emotional wellbeing and the wellbeing of those they support.

### **Our Aims**

Social and Emotional Wellbeing harnesses our ability to cope with life's challenges; be it in our personal or professional lives.

We are dedicated to raising awareness about the importance of attending to and promoting mental wellbeing across the life span, ensuring our services are available and attainable to the public. We facilitate Social and Emotional wellbeing through a range of services which include:

- One to One Counselling
- Relationship Counselling
- Life Coaching and Parent Coaching
- Conflict Resolution
- Play Therapy

### **Contact Info**

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