

ROOLA

Well-being talks & workshops for schools

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Engaging, effective and fun well-being talks for students aged 5–19, delivered by a facilitator schools trust and invite back year after year.

EXPERIENCE & CREDENTIALS

- Over 10 years' experience delivering talks and workshops in schools across Ireland
- Registered with the Teaching Council and Education and Training Boards (ETBs)
- Worked with thousands of students, from primary to senior cycle
- High rate of repeat bookings — schools invite ROOLA back year on year
- Excellent rapport with students; sessions are engaging, effective and fun
- Content kept current — reflecting the real issues facing students and teachers today

WORKSHOP TOPICS

- Friendship and healthy relationships
- Building resilience and confidence
- Digital wellbeing and online safety
- Navigating transitions (primary to secondary, exam years, leaving school)
- Managing exam stress and anxiety
- Understanding the manosphere and its influence on young people

Sessions are tailored by age group and can be delivered as a single talk, a short programme, or a whole-school wellbeing day.

www.roola.net

For pricing guidelines, bookings and enquiries, visit www.roola.net