

# Louth Area - Summer Courses

## Self-love Programme

*Giving people the tools to build a daily gratitude and self-care practice, improve their self-esteem and help build on their compassionate self*



### On this course, students will explore:

- *Developing Self-love*
- *The importance of Compassion*
- *Working with the inner critic*
- *The Value of Gratitude*
- *Self-awareness and Positive Self-talk*

**Start date: Thursday May 23rd**

**Format: Six weekly afternoon sessions (2-4pm)**

**Venue: Drogheda Institute for Further Education**

**To register, contact the Recovery College:**

**phone- 01 7007907**

**email- [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)**

**website- [www.recoverycollege.ie](http://www.recoverycollege.ie)**

