

Personal Profile: Helen Prendergast

Helen Prendergast is an Honours Social Science graduate of University College Cork. She later attended Trinity College, Dublin where she qualified as a Counselling therapist.

She is a Life & Business Coach, a Certified Trainer and Facilitator and an Organizational Consultant.

She has over 35 years experience working with individuals to maximize their potential and has worked with educationalists, business executives , Post Doc researchers and undergraduate university students among many more.

She is currently based in Cork city, and is CEO of her own Training & Development Company MoreToExplore Ltd. which she set up on taking early retirement from UCC . For details of this please see www.moretoexplore.ie

Helen also has a private consultancy practice as a Counselling therapist and life coach in McCurtain St. in Cork city .

Outline of conference theme.

Living is often about tackling obstacles that stand in the way of what we want. Tackling one problem after another can be quite soul destroying for a researcher...particularly if the light at the end of the tunnel seems dim if not dark. When we feel like this we need a lot of inner strength and **resilience**.

Forming attitudes towards events is what this session is all about and offers a helpful guide to boosting your personal resilience by helping to strengthen your attitude to overcoming events in your life as a researcher which may prove challenging or cause you to feel rejected.