**Booking Form - NALA Student Day – Saturday 21 May 2022** Ashling Hotel, Dublin

**Please** use BLOCK CAPITALS.

**Your name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Centre**, if you attend one: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Special requirements** (for example diet, wheelchair user): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshops - You will be able to attend one workshop in the morning and a different one in the afternoon. We will fill the workshops on a first come, first served, basis.

Below please put number 1 on the left hand side beside the workshop you most want to go to and 2 beside your second choice and so on up to number 4.

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|  | **Being wise online.** Workshop facilitator: [**Tony Daly**](https://8020.ie/projects/beyondtheclick-global-digital-citizenship/) from 80:20. Explore your thinking skills. Look at ways that we can better handle all online information. Hear up-to-date, real world examples of how information can mislead. Get ideas of how you can be responsible and wise online. |
|  | **Plain English and the pandemic.** Workshop facilitator: [**Sean Driver**](https://www.nala.ie/plain-english/) from NALA. In this workshop, you will hear what plain English is and the work of NALA’s Plain English Service. You can also tell NALA about information you struggled with during the pandemic. |
|  | **Creative writing -** Workshop facilitator: [**Colm Keegan**](https://colmkeeganpoetry.com/) poet and published author. Colm will give tips for writing. If you have a poem or short story you may get to read it out. You will get to talk to other students about writing. |
|  | **Tips for living well -** Workshop facilitator: [**Maggie O’Sullivan**](http://www.maggieosullivanlifecoach.com/) Life Coach. Maggie will help you explore how to look after your mind and become more aware of your inner critic. Look after your body – sleep, food and comfort. Know habits that help and habits that don’t! |

**Please** email this form to [mmurray@nala.ie](mailto:mmurray@nala.ie) (or post it to: Margaret Murray, NALA, Sandford Lodge, Sandford Close, Ranelagh, Dublin 6). If you need to, you can book over the phone by telephoning Margaret on 01 412 7928. Once you have booked, just come along at 10 am on Saturday 21 May. We look forward to seeing you then.