



Anxious About Public Speaking or Meeting People?

The Participate programme might help ...

Imní ort faoi Labhairt Poiblí nó ag Bualadh le Daoine?

Seans go gCuideoidh an Clár Participate ...

Hi,

Participate is a free online programme for shyness and social anxiety. It's now available to NUI Galway students as part of a research project.

The programme uses cognitive-behavioural therapy (CBT) techniques and is similar to programmes that have been run successfully in NUI Galway and elsewhere in the past. The programme also involves having a personal tutor, who will check in with you online every week to make sure that the programme is working for you.

All students of NUI Galway are being e-mailed with this link to the Participate website (<https://participate.nuigalway.ie>). You can visit the site, test your social anxiety, and see how the programme works. If you want, you can then apply to do the programme.
Good luck!

Haigh,

Is clár saor in aisce ar líne é Participate, don chúthaileacht agus don imní shóisialta. Tá sé anois le fáil ag mic léinn OÉ Gaillimh mar chuid de thogra taighde.

Úsáideann an clár teicnící ón teiripe chognaíoch-iompraíochta agus tá sé cosúil le cláracha a ritheadh go rathúil in OÉ Gaillimh agus in áiteanna eile roimhe. Is cuid freisin den chlár go mbíonn teagascóir pearsanta agat, a dhéanfaidh seiceáil isteach leat ar líne gach seachtain le cinntiú go bhfuil an clár ag obair ar do shon.

Tá mic léinn go léir OÉ Gaillimh ag fáil ríomhphost leis an nasc idirlíne seo (<https://participate.nuigalway.ie>). Is féidir leat cuairt a thabhairt ar an tsuíomh, do chuid imní sóisialta a thástáil, agus féachaint conas a oibríonn an clár. Más mian, thig leat ansin cur isteach ar an chlár.
Ádh mór!