

# Newsletter

Issue 5, November 2018



## The Power of Community Conference

The Final Conference of the INTEGR8 Project took place on Wednesday, 21<sup>st</sup> November in Trim, Co. Meath and was a celebration of the achievements of the project and recognition of the experiences of our Migrant Women who were trained as Migrant Integration Experts in 2018. The event afforded project partners the opportunity to share their insights and make recommendations for the future of integration work at community-level. We had an exciting and enlightened panel of speakers and contributors – a sample of which are presented here.

Minister for European Affairs, Ms. Helen McEntee T.D. opening the conference and calling for us to focus on the success stories that migration can tell and work towards a permanent and cohesive union across Europe.



# INTEGR8



## Building Resilience

Dr. Shane Martin provided the Keynote Address and shared his insights on 'BOUNCIBILITY' and the Psychology of Resilience: How to Build Resilience within Ourselves. His 8 Tips include:

1. Emotional Awareness
2. Avoid Panic
3. Empathy
4. Minding Yourself
5. Optimism
6. Situation Analysis
7. Social Connectivity
8. Prayer/Faith

For more information contact Shane at [www.moodwatchers.com](http://www.moodwatchers.com)

## Gallery of Images

To see our Project Documentary, hear the INTEGR8 Choir perform or view the full gallery of images from the project, visit us on Facebook or at [www.integrateproject.eu](http://www.integrateproject.eu)

