Preasráiteas 13.05.2022

Helen Doyle Mind Coach mar bhall de Gnó Chill Dara

Fógraíodh inniu gur chláraigh *Helen Doyle Mind Coach* mar bhall de *Gnó Chill Dara*, an scéim ghnó atá ag *Cill Dara le Gaeilge*, an ceanneagraíocht don Ghaeilge i gContae Chill Dara. Tacaíonn an scéim seo le gnólachtaí a gcuid gnó a chur chun cinn trí úsáid a bhaint as an nGaeilge in eispéireas a gcustaiméirí. Tá an scéim ar fáil d'aon ghnó sa chontae, ach díreofar ar cheantar Nás na Ríogh/Na Sollán ar an gcéad dul síos.

Ag fógairt an nuacht seo, dúirt Sarah Walsh, Oifigeach Feidhmiúcháin, Cill Dara le Gaeilge:
"Cuirfimid comhairliúchán saor in aisce ar fáil do Helen Doyle chomh maith le hiniúchadh ar bhealaí nua chun a gnó a chur chun cinn. Gheobhaidh sí comhairle maidir le feachtais mhargaíochta saincheaptha ag baint úsáid as ardáin ar líne agus na meáin shóisialta. Is deis den scoth do Helen an scéim seo, forbairt a dhéanamh ar a cuid gnó agus nasc a chruthú leis an méid an-suntasach daoine a úsáideann an Ghaeilge go rialta nó a bhfuil spéis acu sa teanga. Tá áthas orainn fáilte a chur roimh Helen faoin scéim seo agus guímid gach rath uirthi."

Ráiteas ó Helen Doyle Mind Coach:
"Thosaigh mé amach le Helen Doyle Mind Coach nuair a bhíomar ag streachailt le Covid-19. Chuir cara ceist orm maidir le machnamh nó cóitseáil intinne a dhéanamh trí Ghaeilge lena foireann scoile. Toisc go bhfuil Gaeilge agam bhíos an-sásta cabhrú leo. I ndiaidh sin tháinig scoileanna eile, múinteoirí, tuistí agus daltaí chugham ag lorg mo sheirbhísí as Gaeilge. Nuair a chuala mé faoi *Cill Dara Le Gaeilge* bhí sceitimíní áthais orm. Is deis iontach é seo chun mo scileanna a roinnt le níos mó daoine, ach go háirithe daoine le Gaeilge.

Oibrím go príobháideach le daoine 1:1, le scoileanna agus le grúpaí. Úsáidim machnamh, aireachas, cóitseáil intinne, hipniteiripe, NLP agus CBT chun cabhrú le daoine. Má tá aon duine faoi bhrú le strus nó imní ... is féidir liom na straitéisí a thabhairt dóibh i nGaeilge chun cabhrú leo. Ná bí ag streachailt ná ag fulaingt as seo amach. Labhair liom agus is féidir liom scileanna a chabhróidh leat a eagrú duit."

Tá *Cill Dara le Gaeilge* ar fáil do ghnóthaí sa chontae gur mian leo aitheantas náisiúnta a bhaint amach le **Gradam Gnó** leis an eagras náisiúnta *Glór na nGael*. Aithníonn an scéim náisiúnta seo gnólachtaí a úsáideann an Ghaeilge mar chuid den ghnó nó a chuireann seirbhís trí Ghaeilge ar fáil.

Aithnítear agus tá cáil ar Chontae Chill Dara mar an contae leis an méadú is mó ar líon na gcainteoirí Gaeilge sa tír. Tá deich scoil lán-Ghaeilge chomh maith le naíonraí, grúpaí pobail, eagraíochtaí éagsúla agus coláistí samhraidh ag feidhmiú sa chontae anois. De réir dhaonáireamh náisiúnta 2016, is féidir le 85,426 duine Gaeilge a labhairt i gContae Chill Dara!

Tugtar maoiniú do *Cill Dara le Gaeilge* tríd an *Scéim Tacaíochta Gaeilge* atá ag *An Roinn Turasóireachta, Cultúir, Ealaíon, Gaeltachta, Spórt agus Meán*.

Tugann *Cill Dara le Gaeilge* cuireadh d'aon ghnó atá lonnaithe i gContae Chill Dara ar mhaith leo níos mó a fhoghlaim faoin scéim le teagmháil a dhéanamh linn, tá tuilleadh eolais ar fáil anseo: https://cilldaralegaeilge.ie/gno-chill-dara/.

Tuilleadh Eolais: Sarah Walsh; Cill Dara le Gaeilge - sarah@cilldaralegaeilge.ie – 045397320

Pressrelease 13.05.2022

Helen Doyle Mind Coach is a member of Gnó Chill Dara

It was announced today that *Helen Doyle Mind Coach* has registered as a member of *Gnó Chill Dara*, *Cill Dara le Gaeilge*'s business scheme, the lead organisation for the Irish language in County Kildare. This scheme supports businesses to promote their business through the use of Irish in the experience of their customers. This scheme is available to all businesses in the county although the Naas/Sallins area will be the focus for the initial phase.

Announcing this news, Sarah Walsh, Executive Officer, Cill Dara le Gaeilge said:
We will provide Helen Doyle with free consultation as well as exploring new ways of promoting her business. She will get advice on tailored marketing campaigns using online platforms and social media. This scheme is an excellent opportunity for Helen to develop her business and to create a link with the significant number of people who use Irish regularly or who are interested in the language. We are delighted to welcome Helen on this scheme and wish her every success."

Statement from Helen Doyle Mind Coach:
"I started out with Helen Doyle Mind Coach when we were struggling with Covid-19. A friend asked me about meditation or mental coaching through Irish with her school staff. Because I have Irish I was very happy to help them. After that other schools, teachers, parents and pupils came to me looking for my services in Irish. When I heard about *Cill Dara le Gaeilge* I was very excited. This is a great opportunity to share my skills with more people, especially those with Irish.

I work privately with people 1:1, schools and groups. I use meditation, mindfulness, mind coaching, hypnotherapy, NLP and CBT to help people. If anyone is under pressure with stress or anxiety... I can give them the strategies in Irish to help them. Don't struggle or suffer from now on. Talk to me and I can organise skills that will help you."

Cill Dara le Gaeilge is available to support businesses who wish to achieve national recognition with **Gradam Gnó** from *Glór na nGael,* a national organisation that promotes the Irish language. This national scheme recognises businesses that use Irish as part of their business or who provide a service through Irish.

County Kildare is recognised and renowned as the county with the largest increase in the number of Irish speakers in the country. There are ten Irish-medium schools as well as pre-schools, community groups, various organisations, and summer colleges operating through Irish in the county. According to the 2016 national census, 85,426 people can speak Irish in County Kildare!

Cill Dara le Gaeilge is funded through the *Irish Language Support Scheme* of the *Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media*.

Cill Dara le Gaeilge invite any County Kildare based businesses that would like to learn more about the scheme to get in touch, more information is available here: https://cilldaralegaeilge.ie/gno-chill-dara/.

More information: Sarah Walsh; Cill Dara le Gaeilge - sarah@cilldaralegaeilge.ie – 045397320