

Introduction to Teacher Wellbeing Workshops



PDST are offering Introduction to Teacher Wellbeing workshops in your area again this term. This series of workshops will explore the concept of wellbeing and how teachers can be supported in maintaining and developing their wellbeing. It is recommended teachers attend workshop one and two.

Participants will develop a toolkit to comprise a range of strategies towards benefitting their personal and professional life.

Participants will receive an accompanying workbook to compliment the content explored during the workshops.

VENUE	DATE, DAY 1	DATE, DAY 2	TIME
Athlone Education Centre	01/02/2018	08/02/2018	5.00 - 7.00pm
Blackrock Education Centre	26/02/2018	05/03/2018	4.00 - 6.00pm
Clare Education Centre	19/02/2018	26/02/2018	4.00 - 6.00pm
Cork Education Support Centre	07/02/2018	21/02/2018	4.00 - 6.00pm
Dublin West Education Centre	22/02/2018	01/03/2018	4.00 - 6.00pm
Galway Education Centre	14/03/2018	21/03/2018	5.00 - 7.00pm
Kildare Education Centre	22/02/2018	01/03/2018	4.00 - 6.00pm
Kilkenny Education Centre	22/02/2018	08/03/2018	4.00 - 6.00pm
Laois Education Centre	06/02/2018	20/02/2018	5.00 - 7.00pm
Limerick Education Centre	01/02/2018	08/02/2018	4.00 - 6.00pm
Mayo Education Centre	08/03/2018	15/03/2018	4.00 - 6.00pm
Navan Education Centre	08/03/2018	15/03/2018	4.00 - 6.00pm
Sligo Education Centre	07/03/2018	14/03/2018	4.00 - 6.00pm
Wexford Education Centre	19/02/2018	05/03/2018	4.00 - 6.00pm