

2020 Online Summer Course



Positive Wellbeing For Teachers and Children At School and Beyond

Course Ref: 308

This year above any, we are faced with many challenges that we could never have foreseen, leaving us tired, stressed and drained both physically and emotionally. This course affords the teacher the time and opportunity to foster the promotion of positive wellbeing, on a personal and professional level and to explore how they can adapt the resources explored to use with children in the classroom.

Topics of exploration will include, Defining Wellbeing, The Power of Positivity, Combating Stress, Living Mindfully, Understanding Others, Empathy, Positive Change and Gratitude.

The perfect toolkit for teacher and child to recharge the batteries in a light, interactive way and prepare for the year ahead and beyond.

Early Bird course fee €59.

Early bird offer only available until the 29th of June, after this date course price will be €69 (fee non-refundable)

Please note there will be no multi course discounts this year.

Course eligible for EPV days.

Course will run from 1st July - 14th of August.

Course will have a maximum capacity and is subject to availability, so book early!

Visit www.MayoEducationCentre.ie and click on **'Access Online Courses'**.