## **2020 Online**

## Summer Course

Mindfulness, Resilience & Wellbeing for Schools



Teachers need to be nourished before they can nourish others... This comprehensive, cross curricular course is a well-balanced, creative course with nourishing practices including mindfulness, wellness, resilience, 'WSE with ease' and a variety of resources for skillful and easy whole school implementation. Coming from a wealth of creative practices, rigorous research, and extensive interaction with teachers across the country, it ensures a unique and practical experience for Irish teachers, the Irish curriculum and Irish schools. We wish you a restful and practical experience enjoying simple teacher and pupil activities to support daily life in the classroom, school 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'