

2020 Online Summer Course

Course Ref: 327

Fostering A Positive School Climate through the Teaching of Happiness



This course is designed to enable teachers to enhance and foster happiness in their lives on both a personal and professional level. We focus on promoting positive wellbeing and self-care, exploring that which makes us happy and overcoming obstacles to same, developing effective communication skills, combating stress and anxiety and building resilience.

What better toolkit could one have at this time of uncertainty and fear of the unknown.? This course explores the concept of “Teaching Happiness” in a light, practical and interactive way. Starting on a personal level this course aims to demonstrate how by developing skills to enhance our own happiness, we can learn to teach others to do the same and hence help to foster a positive working and learning school climate for all.

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 **‘Access Online Courses’**.