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.

<table>
<thead>
<tr>
<th>VENUE</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Athlone Education Centre</td>
<td>18th &amp; 27th Oct 2016</td>
<td>5.00 to 7.00pm</td>
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<tr>
<td>Blackrock Education Centre</td>
<td>20th &amp; 27th Oct 2016</td>
<td>4.30 to 6.30 pm</td>
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<tr>
<td>Carrick on Shannon Education Centre</td>
<td>8th &amp; 15th Nov 2016</td>
<td>4.30 to 6.30 pm</td>
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<tr>
<td>Clare Education Centre</td>
<td>17th &amp; 26th Oct 2016</td>
<td>4.30 to 6.30 pm</td>
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<tr>
<td>Cork Education Support Centre</td>
<td>24th Oct &amp; 7th Nov 2016</td>
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<td>Donegal Education Centre</td>
<td>9th &amp; 16th Nov 2016</td>
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<td>Drumcondra Education Centre</td>
<td>20th &amp; 27th Oct 2016</td>
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<td>Dublin West Education Centre</td>
<td>17th &amp; 26th Oct 2016</td>
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<td>Galway Education Centre</td>
<td>18th &amp; 27th Oct 2016</td>
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<td>Kilkenny Education Centre</td>
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<td>Mayo Education Centre</td>
<td>7th &amp; 14th Dec 2016</td>
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<td>Sligo Education Centre EC</td>
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<td>Tralee Education Centre</td>
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<td>Waterford Teachers Centre</td>
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<td>West Cork Education Centre</td>
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<td>Co Wexford Education Centre</td>
<td>18th &amp; 27th Oct 2016</td>
<td>4.30 to 6.30 pm</td>
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Register to attend these twin workshops at www.pdst.ie/onlinebooking