



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	DATES	TIME
Athlone Education Centre	18th & 27th Oct 2016	5.00 to 7.00pm
Blackrock Education Centre	20th & 27th Oct 2016	4.30 to 6.30 pm
Carrick on Shannon Education Centre	8th & 15th Nov 2016	4.30 to 6.30 pm
Clare Education Centre	17th & 26th Oct 2016	4.30 to 6.30 pm
Cork Education Support Centre	24th Oct & 7th Nov 2016	4.30 to 6.30 pm
Donegal Education Centre	9th & 16th Nov 2016	4.30 to 6.30 pm
Drumcondra Education Centre	20th & 27th Oct 2016	4.30 to 6.30 pm
Dublin West Education Centre	17th & 26th Oct 2016	4.30 to 6.30 pm
Galway Education Centre	18th & 27th Oct 2016	4.30 to 6.30 pm
Kildare Education Centre	20th & 27th Oct 2016	4.30 to 6.30 pm
Kilkenny Education Centre	24th Oct & 8th Nov 2016	4.30 to 6.30 pm
Laois Education Centre	24th Oct & 14th Nov 2016	4.30 to 6.30 pm
Limerick Education Centre	17th & 26th Oct 2016	4.30 to 6.30 pm
Mayo Education Centre	7th & 14th Dec 2016	4.30 to 6.30 pm
Monaghan Education Centre	18th & 25th Oct 2016	4.30 to 6.30 pm
Navan Education Centre	26th Oct & 16th Nov 2016	4.30 to 6.30 pm
Sligo Education Centre EC	8th & 15th Dec 2016	4.30 to 6.30 pm
Tralee Education Centre	18th & 27th Oct 2016	4.30 to 6.30 pm
Waterford Teachers Centre	8th & 15th Nov 2016	4.30 to 6.30 pm
West Cork Education Centre	24th Oct & 7th Nov 2016	4.30 to 6.30 pm
Co Wexford Education Centre	18th & 27th Oct 2016	4.30 to 6.30 pm

Register to attend these twin workshops at www.pdst.ie/onlinebooking