



County Donegal Education Centre
Oideachais Chondae Dhún na nGall

Co Donegal Education Centre

Resilience & Stress Management School Leaders

Adjust the dial: Stress management and resilience training for School Leaders

This seminar is aimed at supporting school leaders in the daily challenges which come with the role and **offering a practical means to deal with the associated challenges and stress.** While school leaders emphasis the need to develop resilience in young people – very often they overlook themselves – this will be addressed.

Take this morning for your own wellbeing so that you can lead others in theirs.

Facilitator: John Doran, Guidance Counsellor, John is an experienced counsellor having worked both on an individual level with Principals/ teachers and whole staffs. He is the author of the very successful ‘Pathway to Wellbeing’ senior cycle Train the Trainer programme as well as having recently addressed the Oireactas Committee on Education as well as schools management bodies on wellbeing.

John will also give an overview of the two day ‘Train the Trainer’ programme the Centre will be offering which will enable teachers deliver the five core areas of relationship which affect well-being: Life, Emotions, Mindset, meaning and purpose, Past, present and future, Personality, talent and performance.

In addition teachers are introduced to: Methodologies for exploring well-being with students & the context for delivering a well-being programme in school exploring some of the stress factors in students’ lives.

Venue: Co Donegal Education Centre

Facilitator: John Doran

Date: Wednesday, February 7th

Time: 9.30-1pm (followed by light lunch)

Registration online at www.donegaledcentre.ie