
Co. Wexford Education Centre in association with Mayo Education Centre are pleased to offer the following online summer course..

**2020**
Co. Wexford Education Centre in association with Mayo Education Centre are pleased to offer the following online summer course.. **Online
Summer Course**

**Mindfulness, Resilience & Wellbeing for Schools**



**Course Ref: 312**

**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** HYPERLINK "http://www.mayoeducationcentre.ie/" \t "\_blank"**www.MayoEducationCentre.ie and click on ‘Access online Courses’**