

Webinar Series on Self-Care for Teachers and SNAs with Rosaleen Durkin

Rosaleen Durkin is a kinesiologist and has been working for over 30 years with both children and adults in her clinics in Wicklow and Dublin. She works a lot with children with learning difficulties and children with ASD.

She also worked as a primary school teacher for 7 years so is very aware of the day to day reality of educational workplaces.

21SPR78 Welcoming Spring and new beginnings - Practical tips for self-care in spring time

Suitable for Primary and Post Primary Teachers & SNAs

This session will cover simple daily tips for self-care in springtime including:

- Dietary changes for spring
- Detox in a simple way
- Spring cleaning physically
- Spring cleaning emotionally
- Herbs in spring
- New beginnings
- New routines
- Exercise programmes

Date: Wednesday, 5 May 2021

Time: 5.00 – 6.00 pm

21SPR79 Self-care for parents of children with ASD

This session will cover simple daily tips for Parents/Guardians of children with ASD to assist their child/children and themselves with:

- Stress
- Overwhelm
- Tiredness
- Sleeping issues
- Food intake and nutritional balance
- Exercise
- Routine
- Screen-usage
- Emotional self-care
- Personal space

Date: Wednesday, 12 May 2021

Time: 7.00 – 8.00 pm

21SPR80 Self-Care for Teachers - Time and Space for You
Suitable for Primary and Post Primary Teachers

This session will cover practical daily tips to assist with:

- Physical energy levels
- Stress management
- Emotional self-care
- Nutritional balance
- Exercise routines
- Nature awareness
- Screen usage
- Personal space

Date: Wednesday, 26 May 2021

Time: 5.00 – 6.00 pm

21SPR81 Self-Care for teachers/SNAs working with children with ASD
Suitable for Primary and Post Primary Teachers & SNAs

This session will cover practical daily tips to assist with:

- Stress
- Tiredness
- Overwhelm
- Sleeping issues
- Food intake and nutritional balance
- Exercise
- Screen usage
- Emotional self-care
- Routine
- Personal space.

Date: Monday, 31 May 2021

Time: 5.00 – 6.00 pm

To book a place go to www.dwec-courses.com