

Summer Course Programme 2021 for Post Primary Teachers Course Information

21SUM03 Mindfulness-Based Emotional Intelligence and Leadership **Online, live**

Dublin West Education Centre will be offering a mindfulness-based emotional intelligence and leadership program as a summer course for teachers this July. The facilitator is Joanne Murphy. The content is aimed towards the personal development of the teacher rather than pupils.

The program teaches mindfulness and emotional intelligence skills that lead to sustained peak performance, strong collaboration and effective leadership.

The course includes:

- an overview of the neuroscience supporting mindfulness and emotional intelligence
- a deep-dive into the emotional intelligence capacities (self-awareness, self-regulation, motivation, empathy and leadership)
- practical exercises to focus attention and develop self-awareness and empathy, the foundation of self-mastery and leadership
- Specific workplace applications to help participants achieve greater focus, emotional balance, empathy and motivation
- A highly interactive experience, with 1/3 presentation and 2/3 hands-on exercises

Dates: 1 – 7 July 2021
Time: 09.30 – 14.00
Venue: **Online, live via video conferencing**
Fee: €50
Booking: <https://bit.ly/3fYSNNI>

21SUM06 Restorative Practices Skills for Positive Classroom and School Norms
In association with the Childhood Development Initiative

Restorative Practices (RP) are both a philosophy and a set of skills that have the core aim of building strong relationships and transforming conflict in a simple and emotionally healthy manner.

This course will:

- Provide participants with knowledge and understanding of the use of RP in schools;
- Skill participants to use RP to support their teaching practice;
- Skill participants to use RP to support their work and life outside the classroom;
- Inspire and enable participants to use restorative skills in their work and life; and
- Explore the potential of a Restorative approach for creating and maintaining a positive relational environment in the classroom and school as a whole.

What participants have to say about our summer course:

- “Highly enjoyable training, delivered in a professional and clean manner with a fantastic injection of humour.”
- “I really enjoyed the training and it will really benefit me in both my personal and professional life.”
- “I found the course to be very insightful and of good quality. The facilitators were very knowledgeable and helpful in the sharing of skills and advice.”
- “I thoroughly enjoyed the training and will be recommending my staff train up as I believe RP is the way forward.”

Dates: 12 – 16 July 2021
Time: 09.30 – 14.00
Venue: Dublin West Education Centre
Fee: €50
Booking: <https://bit.ly/3c292sf>