

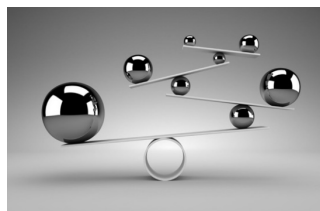


Teacher Development Session
Saturday January 16th, 2021, 10.00 – 12.00

Beginning 2021 With Teacher Well-Being

2 hours of teacher support & development

Séamus Ó Muircheartaigh - NLP Trainer & Coach



As we all begin 2021, more than ever, maintaining our well-being both inside and outside the classroom is of utmost importance.

If you are prepared to focus on yourself for a change so that you can be at your best, for you and for the people around you, then this webinar will be of real interest and benefit to you and for you now and as we face the challenges of the upcoming months.

Session Objectives

During our time together you'll learn a variety of practical strategies to support you more effectively

- Begin the year with clarity as to what is really important to you and for you
- Be aware of energy, emotions and motivations
- Manage your relationships with your learners, colleagues, family and friends
- Manage how you balance life at work and at home

FREE for CDL Members!
No colegiados: 15,-€

[Mas información y matrícula](#)