

Wellbeing workshop for NEU Wirral

Prioritise your wellbeing with this interactive, practical workshop.

About the workshop

This session provided by Education Support, will provide practical, realistic strategies for teachers to help to build resilience, manage stress, and prioritise wellbeing.

Topics covered will include:

- The building blocks of good wellbeing
- Managing your personal energy levels
- New perspectives on rest and recovery
- Understanding the physiology of stress

Date

Monday 19 January 4.30pm to 5.30pm

Location

Start Yard, 108 Church Street,
Birkenhead, CH41 5JA

 Education
Support

