



An Roinn Oideachais
Department of Education

An tSeirbhís Náisiúnta Síceolaíochta Oideachais
National Educational Psychological Service

ESCI

Ionaid Tacaíochta Oideachais na hÉireann

Education Support Centres Ireland



INTRODUCING A TRAUMA INFORMED APPROACH: THE STRESS FACTOR - GETTING THE BALANCE RIGHT

WHAT

THIS TRAINING FOCUSES ON STRESS AND ITS IMPACT ON WELLBEING, LEARNING AND BEHAVIOUR. IT PROVIDES PRACTICAL ADVICE ON HOW BEST TO MANAGE STRESS FOR ALL IN THE SCHOOL COMMUNITY INCLUDING YOUNG PEOPLE WITH ADDITIONAL NEEDS AND THOSE WHO HAVE EXPERIENCED TRAUMA.

WHO

THE CONTENT IS RELEVANT FOR ALL POST PRIMARY SCHOOL STAFF.

WHERE

THE TRAINING WILL BE HOSTED BY EDUCATION SUPPORT CENTRES IRELAND (ESCI) AND WILL BE PRESENTED LIVE BY NEPS PSYCHOLOGISTS VIA ZOOM.

WHEN

THE TRAINING WILL RUN FOR 90 MINUTES, CONSISTING OF A PRESENTATION, VIDEOS AND REFLECTION ACTIVITIES FOLLOWED BY A Q&A.

DATE: 16TH MAY 2022

TIME: 7:00 - 8:30PM

REGISTER VIA YOUR LOCAL EDUCATION CENTRE