



Mental Health Wellbeing

DEALING WITH STRESS

Stress and wellbeing have become a more visible and pressing issue at work in the last few years and especially now during the Covid-19 crisis.

This webinar will provide an overview of factors that lead to stress, key markers to look out for and solutions for lessening stress, especially those found when working in a school setting.

There will also be an opportunity for you to put questions to our expert panel.

TUES 08/12/20 @5PM

TO REGISTER PLEASE

CONTACT

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by 01/12/20

into



Irish National Teachers' Organisation

Cumann Múinteoirí Éireann

