

Fostering Resilience Through Strengthening Working Relationships

Principals' and Deputy Principals'
Conference 2025

Athléimneacht a chothú trí chaidreamh a laidriú

Comhdháil Chomhairleach do Phríomhoidí
agus Leas Phríomhoidí 2025

Fáilte

Dear Delegate,

We are delighted to welcome you to Galway for the INTO Principals' and Deputy Principals' Conference. This year's theme is *Resilience for School Leaders*, with a focus on strengthening working relationships.

More and more teachers are stepping into the roles of principal and deputy principal to make a positive impact in their communities. While these roles can at times present challenges, the INTO recognises that they are also deeply fulfilling and rewarding.

Resilience in school leadership is the empowering ability to rise to challenges, overcome setbacks and navigate uncertainty while continuing to lead with purpose and conviction, even in trying circumstances. The INTO acknowledges that there are many ways to support resilience within a school setting. A key factor is taking a collaborative approach to leadership by building strong, supportive working relationships. As the saying goes, 'Ar scáth a chéile a mhaireann na daoine'.

We look forward to your participation and engagement with our speakers, discussion groups and workshops as we explore this important topic and hope that you leave this conference with new tools and ideas to bring back to your school community.



Anne Horan

Anne Horan
INTO President



John Boyle

John Boyle
INTO General Secretary

Clár

Friday, 26 September

2:00pm	Registration and workshop selection
3:00pm	Conference opening Anne Horan, INTO President David O'Sullivan, Assistant General Secretary, INTO (In the Ballroom)
3:10pm	Presentation of PDC background paper Maria O'Regan, Cathaoirleach PDC Carmel Dillon, Leas Chathaoirleach PDC
3:30pm	Guest speaker John Lonergan, Former Governor of Mountjoy Prison
4:15pm	Coffee break
4:30pm	Discussion groups on <i>Fostering Resilience</i>
6:00pm	<i>System Supports for Resilience</i> Dr Mary Nihill, Director of Leadership, Oide (In the Ballroom)
6:20 pm	Address by John Boyle, INTO General Secretary
6:45pm	Drinks and refreshments reception

Saturday, 27 September

9:30-10:40am	Workshop one
10:50-12pm	Workshop two
12pm	Coffee break and check out
12:20pm	<i>Reaching out: Supports for School Leaders</i> Brendan Horan, INTO Vice President (In the Ballroom)
12:30pm	Keynote speaker Dr Tony Bates, Clinical Psychologist
1:30pm	Conference closing remarks



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General Information

Registration

Registration for workshops opens at 2pm on Friday, 26 September. Delegates will sign up for two Saturday morning workshops. Kindly submit your completed registration card in your delegate pack to the INTO staff upon your arrival at the conference.

Absence from school

The Department of Education and Youth has given approval for leave of absence for delegates to attend the conference, however, substitute cover is not available. A copy of the correspondence is available on the *PDP Conference* page: bit.ly/pdp_conf

Car park

There is complimentary parking available at the Clayton Hotel.

Public transport

Galway City is connected both regionally and nationally by public transport with Irish Rail serving Ceannt Station and Galway Coach Station served by Aircoach, Citylink and GoBus.

Drinks and refreshments reception

A drinks and refreshments reception will be held Friday evening after the address from the General Secretary. Please join us and continue the discussions.

Discussion groups: Friday, 4:30-6pm

The discussion groups will give principals and deputy principals an opportunity to give their views and opinions on the important theme of fostering resilience. A discussion paper on the theme is available on the conference webpage at bit.ly/pdp_conf

The discussion will be facilitated by members of the Principals' and Deputy Principals' Committee. Please note that the discussion groups are not recorded. We consider the discussion groups a safe space for delegates to freely contribute and express their views. Therefore, we would kindly ask that delegates respect the contributions from all participants and refrain from publishing these on social media platforms.

Workshops: Saturday, 9:30am and 10:50am

Each workshop runs twice, at 9:30am and 10:50am. Please select your two workshops on arrival from 2pm Friday afternoon. Due to space limitations in the venue, each workshop will have a maximum number of delegates. These workshops are booked on a first come first served basis. For further information on the presenters please visit our conference webpage at: bit.ly/pdp_conf

Trade stands and exhibitors

We encourage you to visit these trade stands during your breaks.

- Aladdin Schools
- CJ Fallon
- Comhar Linn INTO Credit Union
- EDUC Mortgages
- Global Citizenship
- INTO LGBT+ Teachers' Group
- Outside the Box Learning Resources
- Pinpoint Ltd.
- Rahmqvist

Further information

More information on the conference and all of the above can be found at: bit.ly/pdp_conf

Workshops

Calming the environment: Non-violent resistance - Margaret Gilbert

This workshop looks at a non-violent resistance (NVR) approach to managing behaviours that challenge; establishing a new authority with determined presence, and fostering a culture of connection and emotional safety.

Wake up to Wellbeing - Stephen Dargan

In this workshop we take a birds-eye view of ourselves and the world we live in and ask ourselves do they match up with our expectations. This is an interactive learning experience, focused on how we can create a greater experience of a life well lived.

Collaborative Leadership Practices - Fiona Byrnes and Sineád Kilkenny, Oide Leadership

This interactive workshop explores how collaborative leadership practices can enhance personal and professional development, offering practical strategies for building collaborative teams, navigating challenges, and sustaining leadership wellbeing in schools.

AI Literacy for School Leaders - Mark Delahunty

This workshop equips school leaders with essential AI literacy, emphasising ethical use and showcasing practical applications of AI to enhance leadership, streamline tasks and support their day-to-day role in schools.

Testing your Resilience: Managing Working Relationships and Minimising Conflict - Sheila Murphy and Brian McGrath, Legal and Industrial Relations Team, INTO

In this workshop we will look at managing working relationships in school; exploring how to respond when met with barriers/conflict and considering ways to build skills, knowledge and attitudes through reflection on practice.

The Small Schools Project - Mary Curley

This workshop will outline the work of the Gort Cluster as part of the *Small Schools Project*. In particular it will focus on the work of the Cluster Administration Officer and its importance to the school community.