



## LETTER CIRCULAR - Institute for Education

**Date:** 23rd June 2021

**Ref:** IfE 49/2021

**From:** Joanne Grima – CEO

**To the attention of:** All Heads of Schools, All Educators

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**Subject:** Online Educator Workshops on Mental Health commencing in August

**Application Link:** See table below

**Deadline:** See table below

**Fee:** €7.50 per module

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The Institute for Education, in collaboration with the Richmond Foundation, is offering educators the opportunity to join online workshops on Mental Health. These workshops will be delivered by the qualified training team of the Richmond Foundation and are limited to a capacity of 15 participants.

Date of Session	Time of Session	Application Link/Code	Synchronous Session Title	Deadline
2 <sup>nd</sup> August 2021	10:00-11:30	<a href="#">MHW01/02/2021</a>	The impact of Covid-19 on our Anxiety levels and Mental Health	16 <sup>th</sup> July 2021
5 <sup>th</sup> August 2021	10:00-11:30	<a href="#">MHW02/02/2021</a>	Work-Life-Study Balance	16 <sup>th</sup> July 2021
9 <sup>th</sup> August 2021	14:30 – 16:00	<a href="#">MHW03/02/2021</a>	Practical Stress Management	16 <sup>th</sup> July 2021
12 <sup>th</sup> August 2021	14:30 – 16:00	<a href="#">MHW04/02/2021</a>	Strength, Resilience & Self-Care	16 <sup>th</sup> July 2021

Interested applicants are kindly asked to submit an online application through the above links by **16<sup>th</sup> July 2021**.

Thank you.

**Joanne Grima**

**CEO Institute for Education**