

# Wellbeing and Nature For Teachers and Education Staff

## A Transformative Learning Experience in Ireland



### Program Details

- **Duration:** 5 Days
- **Price:** €400
- **Certificate:** Certificate of attendance included (100% of attendance required)
- **Location:** Available in Co. Kerry, IRELAND
- **Dates:** June 22nd - 26th 2026
- **Target Learners:** Primary and Post Primary (Secondary) Teachers, Teaching Assistants, School Administrators and School Leaders
- **Language of Delivery:** English

**Note:** €80 late registration fee will be applied if you register less than 1 week before the course start date. All prices are VAT included or not due. Full payment must be received 72 hours prior to the start of the course.

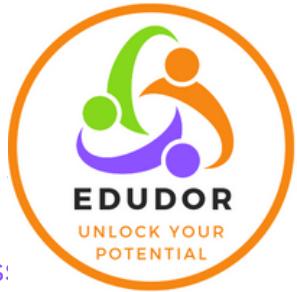
### Program Description

Join us for an immersive 5-day professional development experience in the stunning natural landscapes of County Kerry, Ireland. This hands-on course combines evidence-based wellbeing strategies with nature-based learning, designed specifically for educators to prevent burnout and enhance classroom vitality.

- Master mindfulness and grounding techniques to manage daily classroom stress: Participants will acquire a toolkit of sensory-focused grounding exercises and brief mindfulness interventions designed to de-escalate high-stress moments and maintain a calm classroom presence.
- Develop nature-based pedagogical tools for outdoor learning and student engagement: Learn to transition traditional curriculum topics into "green" environments, using natural settings to boost student curiosity, focus, and hands-on participation.
- Learn practical strategies for maintaining personal and professional work-life balance: Explore evidence-based boundaries and time-management frameworks that allow educators to disconnect effectively and recharge using nature-based restorative practices.
- Integrate emotional regulation and self-care into your daily teaching routine: Develop a "Self-Care Action Plan" that embeds micro-moments of emotional check-ins and regulation techniques directly into the school day to prevent long-term burnout.
- Explore how outdoor environments support inclusive and neurodiverse learning: Analyze how the sensory-rich yet low-pressure environment of nature can lower anxiety for neurodiverse students and provide more accessible pathways for inclusive education.

## Learning Approach

- Practice wellbeing exercises in a supportive, natural environment
- Engage in outdoor mindfulness sessions within Kerry's landscapes to experience the physiological benefits of nature first-hand.
- Develop a framework for auditing school environments and professionals' habits to prioritise mental health as a core institutional value rather than an afterthought.
- Build a personal toolkit of nature-based stress reduction techniques.
- Create actionable strategies for staff and student wellness: Design a concrete "Nature Integration Roadmap" to bring outdoor learning and wellness breaks back to your home institution, regardless of your local climate or urban setting.
- Develop confidence through hands-on experience: Lead peer-to-peer wellness sessions in the field to refine your facilitation skills before returning to your own classroom or leadership role.



## Draft Schedule

- Day 1: Foundations of Nature-Based Wellbeing
- Day 2: The Forest Classroom: Sensory Grounding & Focus
- Day 3: Empowering Resilience through nature
- Day 4: Creating an Inclusive Nature-Based School Culture
- Day 5: Sustaining a Culture of Wellness and Rejuvenation

## About the Provider

EDUDOR is dedicated to unlocking the potential of educators and students through a holistic approach to professional growth. With a focus on emotional resilience and nature-based pedagogy, we provide innovative, practical, and restorative courses that empower teachers to prioritise their own wellbeing while creating more inclusive, grounded, and revitalized learning environments for their students.

For more information and registration, visit [www.edudor.com](http://www.edudor.com) or email [info@edudor.com](mailto:info@edudor.com)

**"We worked with EDUDOR on a bespoke Erasmus+ workshop for our teachers and are very pleased with the planning, organisation and implementation of the workshop."**

**Kristina Fischer - Erasmus Project Manager**