

LETTER CIRCULAR - Institute for Education

Date: 2nd June 2021

Ref: IfE 39/2021

From: Joanne Grima – CEO

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

Subject: Online Educator Workshops on Mental Health commencing in July

Application Link: See table below

Deadline: See table below

The Institute for Education, in collaboration with the Richmond Foundation, is offering educators the opportunity to join free 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. Participants who attend will:

- Be knowledgeable about the signs and symptoms of stress and anxiety.
- Explore the difference between change and transition and will be better equipped with some basic coping tips and strategies to support them in adapting to different changes.
- Be able to use practical coping techniques.
- Identify strategies which may support a healthy work-life balance.
- Know how one can support others in distress as well as the importance of self-care and seeking professional help.

Date of Session	Time of Session	Application Link/Code	Synchronous Session Title	Deadline
20 th July 2021	10:00-11:30	MHW01/01/2021	The impact of Covid-19 on our Anxiety levels and Mental Health	30 th June 2021
22 nd July 2021	10:00-11:30	MHW02/01/2021	Work-Life-Study Balance	30 th June 2021
27 th July 2021	10:00-11:30	MHW03/01/2021	Practical Stress Management	30 th June 2021
29 th July 2021	10:00-11:30	MHW04/01/2021	Strength, Resilience & Self-Care	30 th June 2021

Interested applicants are kindly asked to submit an online application through the above links by **30th June 2021**.

Thank you.

Joanne Grima
CEO Institute for Education