



Mayo Education Centre

Two Part Workshop for Teachers **Two Part Workshop for Teachers**

Confident Teacher ~ Confident Student

We are not born confident. Confidence and self esteem combine a variety of mental processes and skills which are nurtured and developed. This two part workshop will explore the components of confidence and offer new techniques that will enhance self-esteem and confidence for both teachers and students. The first evening will focus on the teacher perspective and the second evening on ways of empowering students to become more positive and optimistic and eliminate limiting beliefs and attitudes.

Dates: **Wednesday's 26th May & 2nd June 2010**

Time: 7pm

Venue: Mayo Education Centre

Facilitator: Ann Caulfield

Refreshments will be provided.

Travel Expenses will be paid to teachers in accordance with the

Department of Education & Science regulations.

Booking is essential — Contact Mayo Education Centre at 094 9020700.

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