

Wellbeing Support

PDST offers a wide range of support for Wellbeing to schools who are using the SSE process to initiate a wellbeing promotion review and development cycle.
For more information, visit www.pdst.ie

STEP 1

Wellbeing Seminar

Two staff members are invited to attend this full day, face to face seminar, one participant to be in a position of leadership. Both attendees should attend the same seminar. Sub cover is provided where required.

Follow the registration instructions outlined overleaf. Click below to register a place.

[CLICK HERE](#)

STEP 2

Wellbeing Webinars (x2)

Following attendance at a Wellbeing Seminar, use the PDST Wellbeing Webinars to support the dissemination of key messages with your whole staff.

Click below to access Webinar 1 and Webinar 2.

[CLICK HERE](#)

STEP 3

Establish Core Team

Establish a Core Team to lead the Wellbeing Promotion process in your school.

Identify areas where support is required. Consult the CPD directory to identify which agency would best support your needs.

[CLICK HERE](#)

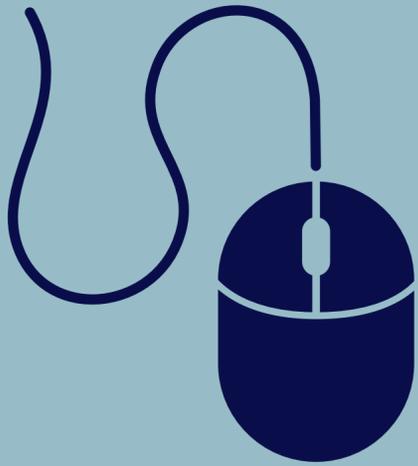
STEP 4

In-school support

In-school sustained support is available during the 2022/2023 school year for schools who have completed the previous three steps. Schools can apply for two support visits.

If you attended a Wellbeing Seminar from March - June 2022, click below to apply for sustained support.

[CLICK HERE](#)



Seminar Booking Information

www.pdst.ie/onlinebooking

REGISTRATION

This seminar is limited to one school leader and one teacher per school. Please ensure you are registered for the PDST online booking system in advance of the seminars going 'live' for booking on the 12th of September, 2022. The school leader and teacher from the school who plan to attend the seminar, will both need to be registered and both need to book onto the same seminar.

Please Note:

- Registration and booking will **not** work on mobile devices.
- Use a personal email address unique to you to sign up for bookings and remember your password.
- Your personal details need to match those on the Teaching Council register which can be checked [here](#).
- Current users on the system will need to ensure that their roll number is updated on their profile, before they proceed with their booking.

How to Register: Go to <https://pdst.ie/onlinebooking>

1. Click the green highlighted box 'Register'
2. On the Login page click into 'Sign up as a Teacher'
3. Enter your surname, (spelling must match the Teaching Council register)
4. Enter your Teaching Council number
5. Enter DOB (follow the order for the DOB using the drop-down menu, click on month, then year, then date)
6. On the next page ensure you select your school roll number, [this is essential for attendance at this seminar](#).
7. [Save your login details](#)

How to Book your place on the Seminar

1. Once seminars are 'live' for booking
2. Both the Teacher and School Leader need to be ready to book onto the same seminar.
3. Go to <https://pdst.ie/onlinebooking>
4. Find the seminar under Keyword *Wellbeing*
5. Select your sector - *Primary* or *Post-Primary*



If you have any questions specifically regarding completing your registration or booking onto the seminar please email onlinebooking@pdst.ie

If you have any general queries about these Wellbeing Seminars please contact:

Primary - primaryhealthandwellbeing@pdst.ie

Post-Primary - healthandwellbeing@pdst.ie