

# Next Step Forward



## The School Transitioning, Wellbeing and Me Workshop

The workshop looks at the various elements of wellbeing and empowering each student in developing their own resilience skills, helping them on their journey into secondary school.

The workshop also covers the practical aspects of transitioning into secondary school and students come away with their own Personal Wellbeing Plan and most importantly confidence to take the next step forward!

Delivered by Dorothy Scarry, a qualified primary and secondary school teacher with a MSc in Health and Wellbeing. She is also a health and wellbeing expert, mum of a 6th class student, a sixth class teacher and a secondary school teacher who has previously worked with many first year students.

Dorothy is a member of the Society of Occupational Medicine, Association of Health Promotion Ireland, INTO & Teaching Council.

Check out our website to find a workshop near you!

## Course Content

**My Mind and Me**  
What is wellbeing?

**Wellbeing Wobbles**  
What causes them, what they look like & how to solve them

**Secondary School**  
First Week Survival Tools

**Be in Control**  
Power of positivity and building resilience skills

**Personal Wellbeing Plan**  
Create an individual, bespoke wellbeing & resilience plan

## Price

€40 per student for 2 hour workshop

FOR MORE INFORMATION [WWW.NEXTSTEPFORWARD.IE](http://WWW.NEXTSTEPFORWARD.IE)

