

Educator Wellbeing Training

Bru Moytura Retreat Centre, Sligo

16.09.2025 - 20.09.2025

5pm

Arrival

Tea/Coffee + healthy snacks
Meet and Greet

6pm

Opening Circle

Welcome and Introduction

7pm

Dinner



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info@wolfacademy.ie

www.wolfacademy.ie

17.09.2025 | Day 1 - Connection

7am	Yoga and meditation
8am	Breakfast
9am	Welcome and Housekeeping <ul style="list-style-type: none">• Setting expectations for the week• Addressing any questions or concerns• Icebreakers and connection games
10am	Introduction to Modules and Approach <ul style="list-style-type: none">• Care, Connection, Development and Implementation• Wolf Academy's Spiral of Wellbeing
11am	Connection practices - Heart Meditation <ul style="list-style-type: none">• Science & benefits of heart meditation• Heart meditation in a school context• Techniques• Practice
12pm	Lunch



17.09.2025 | Day 1 - Connection

1:30pm

Connection Practices - Breathwork

- Science & benefits of breathwork
- Breathwork in a school context
- Techniques
- Practice

2:30pm

Connection Practices - Movement

- Science & benefits of movement
- Movement in a school context
- Techniques
- Practice

3:30pm

Connection Practices - Journalling

- Science & benefits of journalling
- Journalling in a school context
- Techniques
- Practice

4:30pm

Free evening

7pm

Group dinner

8:30pm

Group Breathwork Session



18.09.2025 | Day 2 - Care

7am

Yoga and meditation

8am

Breakfast

9am

Self-Care

- Understanding the care triangle
- Self-care in a school context
- Importance of deep rest and nervous system regulation

10am

Self-Care Practice

- Finding your own self-care practice
- Guided Yoga Nidra

11am

Overcoming self-care blocks

- Limiting beliefs
- Societal demands
- Cyclical living

12pm

Lunch



18.09.2025 | Day 2 - Care

1:30pm

Resilience Building

- Mental (Inner Critic → Inner Coach)
- Emotional
- Physical
- Spiritual

2:30pm

Visualisation

- Science and benefits of visualisation
- Guided visualisation

3:30pm

Setting Healthy Boundaries

- Importance of proper boundaries
- How to set healthy boundaries
- Boundary bombardment practice

4:30pm

Free evening

7pm

Group dinner



19.09.2025 | Day 3 - Development

7am

Yoga and meditation

8am

Breakfast

9am

Self-Development

- Vision setting
- Personal and professional life
- Self-development in a school context

10am

Your Personal Vision

- Developing your personal vision
- Crafting your own practices

11am

Your Professional Vision

- Developing your professional vision
- Crafting your school's practices

12pm

Lunch



19.09.2025 | Day 3 - Development

1:30pm

Visit to Local Cultural Heritage Site

- Caves of Kesh / Carrowkeel / Knocknerea

4:30pm

Hotel check in (The Southern Hotel Sligo)

7pm

Group dinner

8:30pm

Traditional Irish Music Night



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Departure

20.09.2025

8am

Breakfast in hotel

11am+

Slán abhaile (safe home)



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