



ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΘΡΗΣΚΕΥΜΑΤΩΝ
ΚΑΙ ΑΘΛΗΤΙΣΜΟΥ
ΠΕΡΙΦΕΡΕΙΑΚΗ ΔΙΕΥΘΥΝΣΗ
ΠΡΩΤΟΒΑΘΜΙΑΣ ΚΑΙ ΔΕΥΤΕΡΟΒΑΘΜΙΑΣ
ΕΚΠΑΙΔΕΥΣΗΣ ΔΥΤΙΚΗΣ ΜΑΚΕΔΟΝΙΑΣ



Με συγχρηματοδότηση από το
πρόγραμμα «Erasmus+»
της Ευρωπαϊκής Ένωσης

Διαπιστευμένο Σχέδιο Κινητικότητας

2025-1-EL01-KA121-SCH-000343631

ΕΠΙΜΟΡΦΩΤΙΚΗ ΔΙΗΜΕΡΙΔΑ

Cormac Noonan

Yvonne Doherty

Wolf Academy, Ιρλανδία

22

Ιουνίου
2026

16:00-20:30

Inner World of Wellbeing

23

Ιουνίου
2026

16:00-20:30

Outer World of Wellbeing

Για τα μέλη της
Κοινοπραξίας 2025
Δραστηριότητα:
Προσκεκλημένοι
Εμπειρογνώμονες

Δηλώσεις συμμετοχής:

<https://forms.gle/owYAoadqagbRGihy7>

19ο Δημοτικό Σχολείο

Απολλωνίου Περγαίου, ΖΕΠ Κοζάνης

Περιφερειακή Διεύθυνση
Πρωτοβάθμιας και Δευτεροβάθμιας
Εκπαίδευσης Δυτικής Μακεδονίας



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Inner World of Wellbeing

This workshop will be delivered using an experiential, participatory and reflective learning approach. Participants will engage in presentations, facilitated discussions, group activities, wellbeing practices, self-reflection exercises and peer learning activities. The programme combines current research on wellbeing, evidence-informed educational practice and practical tools drawn from Wolf Academy's Spiral of Wellbeing framework.

The focus of Day 1 is the Inner World of Wellbeing. Together, we will explore the internal experiences that shape wellbeing for both students and educators. Participants will be introduced to Wolf Academy's developmental wellbeing frameworks, including the 3Rs and 6Cs, and will examine the key emotional, social and developmental needs of young people. We will also reflect on our own wellbeing as educators and consider how our beliefs, behaviours and emotional states influence the students we serve.

Through guided reflection and collaborative discussion, we will explore the interconnected wellbeing of students, teachers, school leaders and parents, recognising that healthy school cultures begin with healthy relationships. Participants will leave with a deeper understanding of wellbeing, greater self-awareness and practical strategies to support student, staff and personal wellbeing.

Outer World of Wellbeing

The second workshop focuses on the Outer World of Wellbeing and explores how schools can create the conditions for students and staff to thrive. Building on the insights from Day 1, participants will examine wellbeing through a whole-school lens, considering how culture, curriculum, environment, leadership and school systems contribute to wellbeing outcomes.

Through a structured whole-school wellbeing audit, participants will identify existing strengths, challenges and opportunities within their own educational settings. Drawing on examples of effective practice and evidence-informed approaches, schools will explore how wellbeing can be embedded into everyday school life rather than existing as a standalone initiative.

The workshop will conclude with the development of a personalised wellbeing implementation plan, including clear priorities, practical actions and monitoring strategies. Participants will also explore methods for measuring impact and evaluating progress over time. By the end of the session, participants will have a clearer roadmap for implementing a sustainable and meaningful whole-school approach to wellbeing.

About the Facilitators

Cormac Noonan has trained under some of the world's leading coaches when it comes to wellbeing and human development and he believes in the importance of finding a holistic approach to wellbeing education.

Cormac's currently delivers training to teachers and headteachers across the EU in effective wellness strategies for their schools. He also trains Wolf Academy facilitators to provide wellbeing and personal development workshops to students and teachers across Ireland. Cormac holds a degree in Management Science from Trinity College Dublin. He has also trained in Psychology, Success Coaching, Meditation, Breathwork, CBT, Group Facilitation, Transpersonal Therapy and Leadership and he uses this wide background to make his workshops and training unique and engaging on multiple levels.



Yvonne Doherty is Co-Founder of Wolf Academy with extensive experience designing and delivering wellbeing programmes for schools.

Yvonne also delivers training to teachers and headteachers across the EU and supports the training of Wolf Academy facilitators to provide workshops to schools. She is a Mindset Coach trained in Mindfulness Based CBT, Life Coaching, Meditation & Breathwork. She is a speaker and author of the book *Daring to Live: 12 Lessons for Liberated Living*. Yvonne's mission is to guide, support and empower people through her work so that they can live in more alignment with their authentic self.

