

Mind & Emotional Nurturing: Cognitive Behavioural Coaching for Educators (<https://www.activelink.ie/node/116506>)



Offering Cognitive Behavioural Coaching for Educators – 16 Hours CPD

Become a CBC-Informed Educator | FREE Pilot Training Opportunity

Presented by MINDEMN CLG – Mind Emotional Nurturing

Balancing Minds, Building Futures

Overview

Mind Emotional Nurturing CLG (MINDEMN) is a Dublin-based not-for-profit organisation dedicated to integrating emotional and mental wellbeing into post-primary education. Through evidence-based, trauma-informed training, we equip educators with the tools to better support students facing stress, emotional dysregulation, and behavioural challenges.

Our flagship programme, The GREAT SCREAM (The Facilitator), is now launching its pilot phase, and we are offering 15 fully funded places for committed educators ready to make a change.

Why Join the Pilot?

This is your opportunity to become a CBC-Informed Educator (Cognitive Behavioural Coaching) while gaining 16 CPD hours and practical tools you can apply immediately in the classroom. Educators will also enhance their own emotional intelligence, resilience, and well-being, helping both students and themselves thrive.

Pilot Launch – September 2025

- Training Dates: Saturday 6th & Saturday 13th September 2025
- Time: 9:00 AM – 5:00 PM (each day)
- Format: Live Online (Training workbook delivered in advance)
- Location: Nationwide (Zoom)
- Cost: Free (€0.00) – Normally €300.00
- Certificate: Awarded upon completion – Cognitive Behavioural Coaching for Educators

Who Should Apply?

Educators in post-primary settings, including:

- Teachers from community colleges, DEIS schools, or senior cycle (4th–6th Year)
- Guidance counsellors or year heads interested in student wellbeing
- Educators with an interest in mental health, SEL, or behavioural coaching

What's Included in the Pilot?

- 2-day live, interactive training led by CBC specialists
- Training Manual, Coaching Workbook, CBC & SEL Toolkits

- Post-training follow-up, reflection materials & school-based application templates
- Ongoing connection with the MINDEM support network
- Certificate of Completion – 16 CPD Hours

What You'll Learn

Day 1: Theoretical Foundations

- Understand the connection between Brain (1), Mind (2), and Body (3)
- Explore child and adolescent brain development and emotional responses
- Recognise how thoughts and feelings affect behaviour, stress, and learning
- Learn how CBC aligns with the Social-Emotional Learning (SEL) framework
- Reflect on the role of the educator in supporting emotional safety and growth

Day 2: Practical Skills for the Classroom

- A – Awareness: Spot and shift unhelpful thinking patterns in students
- B – Balance: Foster emotional regulation with the GREAT model
- C – Curiosity: Learn and practice coaching conversations that empower students
- Apply real-life tools to increase student motivation, confidence, and focus

Eligibility & Expectations

We are offering one fully funded place per school (up to a maximum of 15 schools).

To qualify, applicants must:

- Be actively working in a post-primary school setting
- Provide the school's name and current role upon registration
- Commit to attending both training days
- Complete a short feedback form post-training to support future development

What's in it for you?

- Improve classroom management with a trauma-informed lens
- Strengthen your own mental health, emotional regulation, and coaching skills
- Learn tools that help both you and your students manage stress and stay engaged
- Be a part of shaping the future of emotional wellbeing in Irish education

Empower Your Teaching. Enhance student wellbeing. Build a resilient school culture.

Limited Places Available – Apply Now!

This is a unique opportunity to join the first wave of CBC-informed educators in Ireland.

To Apply or Ask Questions

Visit: www.mindemotionalnurturing.com (<https://www.mindemotionalnurturing.com>)

Email: mindemotionalnurturing@outlook.com (<mailto:mindemotionalnurturing@outlook.com>) | 083 -404-3591 (tel:0834043591)

Socials: @mindemotionalnurturing (Instagram | Facebook | LinkedIn)

Region

Dublin

Date Entered/Updated

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Expiry Date

30th Aug, 2025

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