



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

STARTING
SEPTEMBER
2026

NEW FOR EDUCATORS

Digital Wellbeing for Educators

A Practical, Evidence-Based Course for
Thriving Classrooms in a Digital World



A Digital Wellbeing course designed to equip teachers with the **knowledge** and **practical skills** to confidently deliver digital wellbeing in the classroom.

WHO IT'S FOR



Primary & Secondary School Teachers

and those with an interest in
supporting staff or community
wellbeing with such education.

WHY IT MATTERS

- ✓ Teachers are increasingly expected to support students' navigating the digital world – to understand digital habits, and online behaviour and the links to wellbeing.
- ✓ Many educators currently lack formal training in this area.
- ✓ This course provides practical, classroom-ready tools, not just theory.
- ✓ Content is grounded in research, psychology, and real-world school challenges.

WHAT YOU'LL GAIN



Confidence in delivering digital wellbeing content



Evidence-based understanding of student digital behaviour



Ready-to-use strategies and lesson approaches



Digital mindfulness practices for you and your students

FLEXIBLE BLENDED LEARNING



ONLINE LEARNING

Two lectures per week
(recorded, flexible access)

Learn at your own pace,
when it suits you.



IN-PERSON COMPONENT

3 onsite sessions
(Friday afternoon or
Saturday morning)

Connect, collaborate and
apply your learning.



HAVE A QUESTION OR EXPRESSIONS OF INTEREST?

We'd love to hear from you.

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Equip yourself to support
students' digital wellbeing.

Empower your classroom.
Make a lasting impact.



Practical. Evidence-Based. Teacher-Focused.

Build the skills. Support your students. Strengthen your impact.