



Wellbeing Research for Education Conference 2026
Well how? Practical wellbeing in action across the education continuum'.

Friday 5th June 2026

Time	Event	Room	Presenters	
8.45am-9.15am	Registration	An tSlí		Chair
9.15-9.30am	Conference Opening	T118	Prof. Dermot Nestor (President, Mary Immaculate College)	Gerard Farrelly
9.30-10.15am	Keynote Presentation 1	T118	The Imperative of a Values Ecosystem for Education: Recognising and Reflecting on the Power of Our Values for Child and Teacher Wellbeing Prof. Emer Ring Dean of Education (Early Childhood and Teacher Education) Mary Immaculate College	Maria Varvarigou



10.15-11.15am	Parallel Session 1a:	T206	Wellbeing Across the Education Continuum: Supporting Continuity from Early Childhood to Primary Education Dr Jacinta Regan and Donna Carolan	Margaret Nohilly
	Wellbeing Conceptualisation		Well-Being Across the University Ecosystem: The EUniWell Model Prof. Dr. Beatrix Busse, EUniWell Chief Development Officer	
			The potential and the pitfalls of pinning down a cloud: Conceptualising meaningful assessment of Wellbeing in the Redeveloped Primary Curriculum Fionnuala Tynan	
			Embracing Diversity Nurturing Integration Project (EDNIP) Supporting Wellbeing in Schools through Connection and Belonging Dr. Ruth Bourke, Lisa Martin and Áine Lyne	
10.15-11.15am	Parallel Session 1b:	T207	Spark: Igniting teacher and parent confidence and competency levels in delivering quality Comprehensive Sexuality Education (CSE) Seline Keating, Mags Nohilly, Gerard Farrelly and Paul Knox	Brigid Golden
	Wellbeing within Curriculum		Wellbeing and Global Citizenship Education: A symbiotic relationship Brigid Golden	
			Exploring Children’s Wellbeing through Movement-Based Outdoor Mathematics: Insights from the Active School Walkway Davina Fenton	

			Relationships and Play: Foundations for Wellbeing in the Early Years and Beyond Lisha O'Sullivan and Emer Ring	
10.15-11.15 am	Parallel Session 1c Workshops	T205	Introducing 'Emotion Explorers' a whole class initiative that focuses on supporting children to understand and express emotions in healthy and constructive ways Lauryn Boyle and Anna Leonard The Importance of Wellbeing in NCSE Relate Sharon Healy	Mary-Jo Kennedy
11.15-11.45am	Break and Poster Alley	An tSlí	Does Animal Assisted Pedagogy involving Canines facilitate the Establishment of Inclusive Learning Environments for Autistic Children? Sinead Morgan Wellbeing in the Early Years: Exploring Young Children's Perspectives of Love Using the Mosaic Approach - Delfina D' Amore Neart: Building Strength and Belonging through a Whole-School Approach to Mental Health and Wellbeing- Tara Mulhern, Siobhán McGrory, Dr Siobhán O'Brien, Dr Kim Lombard, Deirdre McHugh, Sarah McGillicuddy and Dr Jeff Moore The validation of an assessment tool to recognise early signs of burnout in the workplace - Alan Dovey Embedding skills-based Mental Health Promotion in Irish primary schools with the A Lust for Life Primary Schools Programme - Ciara O'Connor Just Like Me and Us: Disability identity as wellbeing in action - Adam Stapleton	

			7. From Wellbeing to Trauma Informed Practice: Supporting Learners and Teachers through a Whole School Approach - Ciara Tyrrell 8. The impact of an interprofessional Mental Health First Aid training in a private healthcare organisation: A Qualitative study - Zoe McCormack 9. Well how? Enacting wellbeing through arts-based intergenerational learning Maria Varvarigou, Maeve Liston and Patricia O’Sullivan 10. Silent Struggles: Exploring Teacher Awareness of Adverse Childhood Experiences in DEIS Primary Schools and their Perception of the Impact on Teaching, Pupil Learning and Wellbeing - Adam Ashraf 11. Life Skill Development in Primary Physical Education (PE): Opportunities and Challenges - Oisín Ryan 12. Paradoxical Solutions for distress in the classroom – Marian Bruen 13. An interpretivist study on how peers influence the mathematical identity and self-concept of post-primary students – Marilyn O’Riordan 14. One-to-One Skills Building Intervention - Sarah Delea and Clare Kavanagh Finch 15. Scaffolding Evidence-Informed Practice for Wellbeing in Education Settings: The T-REX Digital Badge in Wellbeing-Tonya Pell, Barbara Mulvihill, Marek McGann, Karen Orr, Marie Ryan and Jennifer McMahon	
11.45-12.45 pm	Parallel Session 2a:	T206	Learning “about” and Learning “for” Wellbeing: Unpacking the “for” Margaret Nohilly	Gerard Farrelly
			Restorative Practices in Primary Physical Education: Exploring one teacher’s experiences of Wellbeing promotion in action Grainne Regan, Richard Bowles and Michelle Dillon	



	'Wellbeing ...Teaching and Learning'		Subjective Wellbeing and Educational Experience of Irish Traveller Children in Primary Schools: From Research to Practice Sarah Halligan	
			Well how? Understanding teacher roles in supporting the wellbeing of children born preterm: Insights from a systematic review Annette Cregan	
11.45-12.45 pm	Parallel Session 2b: Partnerships for Wellbeing	T207	Enacting Wellbeing Through Parental School Partnership Dr Brigid Teevan	Maria Varvarigou
			Navigating the Perfect Storm: Listening to Young People and Translating Wellbeing Research into Practice Tammy Darcy and Laura McEntee	
			How Wellbeing is Made Practical through Educational Networks Aishling Boylan	
			Older Adult and Student Wellbeing Outcomes from Engagement in an Age Friendly Campus Programmes Maeve Liston and Patrica O'Sullivan	
11.45-12.45 pm	Parallel Session 2c Workshops	T205	A Roadmap to Sustainable School Leadership Deirdre Kelly	Lisha O'Sullivan
			The Wellbeing Ambassador Programme in Practice: A Whole-School, Peer Advocate Approach to Wellbeing Promotion	



			Amy Looney and Isabel Williams	
12.45-1pm		T118	♪ ♪ ♪ <i>Sing-along</i> ♪ ♪ ♪ with Marie Edmonds	
		T111	Structured Positive Psychology Journaling: A Practical Framework to Foster Wellbeing through Emotional Regulation and Promotion of Gratitude, Growth Mindset, and Optimism Siobhán Connolly Hogan	Emer Ring
1-2pm	Lunch	MIC Canteen		
2-2.45pm	Keynote Presentation 2	T118	Supporting Wellbeing in Irish Schools: Learning from the evidence Prof. Selina McCoy Economic and Social Research Institute (ESRI) and Trinity College	Gerard Farrelly
2.45-3.45pm	Parallel Session 3a:	T206	Intergenerational Music-Making for Wellbeing: Preliminary Insights from a Community-Engaged Drumming Practice Marie Edmonds	Maria Varvarigou
	Emotional Wellbeing		Lasting Legacies of Lockdowns: Primary Teachers' Perspectives on Post-Pandemic Impacts and Challenges to Well-Being for children Jennifer Pope	

			The role of cognitive reappraisal in how well Irish primary school teachers and principals managed burnout Veronica O'Toole, Margaret Nohilly and Bernie Collins Acting Out: Promoting emotional regulation of senior infant pupils through drama Nóra Burke	
2.45-3.45pm	Parallel Session 3b: Child Voice/Agency	T207	Wellbeing and empowerment: exploring child agency in practice in Early Childhood Care and Education settings Michelle Lehane Developing a child friendly Seven Point Model of Wellbeing to support children's understanding of Wellbeing and how to improve one's wellbeing. Noel O'Sullivan Turning Student Voice into Wellbeing in Practice in a Post-Primary context Louise Judge Well How? Bringing Wellbeing to Life Through Whole-School Action, Agency and Practice Noel Loftus and Ciana Callanan	Lisha O'Sullivan
2.45-3.45pm	Parallel Session 3c:	T205	Well how? Making wellbeing visible in practice through reflection, structure and ethical AI Shane Maguire	Fionnuala Tynan



	Workshops		Exploration of mindfulness strategies and self-compassion practices to reduce teacher overwhelm Bernie Woods	
3.45-4pm	Conference Close	T118	Dr Gerard Farrelly (Mary Immaculate College)	Gerard Farrelly