

## Michelle's Experience

Michelle has been championing, modelling, implementing, and co-ordinating Restorative Practices since 2010. This includes:

- Establishing and facilitating a professional learning community (PLC) for the past three years
- Leading a whole-school distributed-leadership model guiding each PLC member to facilitate their own PLC
- Creating a student-mentor / peer teaching programme where senior students worked with junior students and supported tutors
- Promoting proactive initiatives to build community
- Developing and facilitating RP teacher training for the Childhood Development Initiative (CDI)
- Creating and delivering Restorative Practice workshops in various Education Centres
- Completing an RP Implementation Action Research Project for her thesis.
- Lecturing a module on RP to Post Masters in Education students in Maynooth University.

## The Paradigm Shift

A restorative approach informs the lens we communicate, interpret, and engage through.

This model seeks to establish a structured framework and an explicit language in the development of positive relationships, and to cultivate a sense of community.

Restorative Practices offer skills, language, and reflective practices that create a healthy environment and promote well-being and community.

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## Restorative Practice

Michelle Stowe M.Ed.  
Training & Consultancy



### Introduction to Restorative Practice

**One Day Workshop**

**Saturday 7<sup>th</sup> May**

**10 am – 4 pm**

**€90**

**Venue:**

**CDI  
St Mark's House  
Fettercairn Road  
Tallaght, Dublin 24**

RP is a collaborative and proactive values based way of being that aims to build community and manage conflict by modelling positive behaviour.

Looking to build on your positive communication skills?

Looking to improve relationships and well-being?

Looking for a proactive approach to model and create good behaviour?

Looking for way to cultivate your emotional intelligence?

Looking to increase your ability to get others to work WITH you?



## Restorative Practice

*Connecting community by enhancing relationships; developing personally and professionally.*

This workshop is for you if you are interested in positive communication. It is ideal for teachers and parents but relevant for anybody interested in improving relationships, and communicating in a positive way that promotes synergy, well-being and solutions.

During the one-day workshop we will introduce the restorative philosophy, skills and processes such as:

### Restorative language/questions

We will explore how this explicit language can build connection, empathy and understanding.

### Fair Process

Fairness is a skill, not just an attitude and this workshop will offer an understanding regarding how to do things in a consciously fair way.

### Circles

We will model how circles can build community, connection and increase engagement and productivity.

### Reflective Practice

Reflective practice is essential to breathe life into this way of being. We will consider our own values and practice within this restorative frame and get opportunities to practice our new skills.

**We will have fun and enjoy ourselves!**

**Book your place on Eventbrite: [Introduction to Restorative Practice](#)**

**Or contact: [michellestowerp@gmail.com](mailto:michellestowerp@gmail.com) / 087 6979859**

