



2026

TITLE:

Happy Hormones in Action – Energizers to Boost Motivation, Focus, and Classroom Dynamics

SPEAKER: John Dobbins

PRESENTATION TYPE: WORKSHOP



ABSTRACT:

This introductory Irish-language session invites learners into the world of everyday conversation. Through lively, hands-on activities, students explore essential greetings and practice, introducing themselves using simple, friendly Irish phrases. By the end, participants will be able to say hello, share their name, and make a first connection—as *Gaeilge*—in a way that feels natural, social, and fun.

BIO:

John Dobbins graduated from University of Ulster, Coleraine with a Bachelor's Degree in Irish and Media Studies in 2009. Following this, he worked as an Irish language Classroom Assistant until 2011 and then completed his PGCE in Irish medium primary Education in 2012. He taught in various Irish medium schools in Derry and Belfast and spent many years as leader and teacher in summer schools in the Gaeltacht. He took up a post in Culturlann Uí Chanáin in 2014 as a tutor for the highly successful Léargas Language programme, a department of Education language scheme based in Derry, in 2014. After 10 years amazing years he has been the Deputy Education Co-ordinator since September 2023.