

DEVELOP STAFF WELLBEING

“When teachers become burned out, or worn out, their students’ achievement outcomes are likely to suffer because they are more concerned with their personal survival.” - Watt and Richardson, in Hattie and Alderman (2013), ‘Teacher motivation and student achievement outcomes’.

WORKSHOPS AND COURSES

- evidence-based research
- quality, relevant content
- introduction to mindfulness
- teacher-identified professional development (TIPD) APST 6.2.2
- practical strategies
- take home resources
- created and delivered by a teacher, for teachers



With over ten years of teaching experience in NSW schools, as well as expertise in communication, wellbeing and mindfulness meditation, Alison (BEd (Primary), MEd) creates an atmosphere of relaxed fun, guiding educators in practical skills and strategies to support their wellbeing and health, and to inspire joy in all members of staff.

**CALL ALISON TO
BOOK NOW
0450 274 011**

WORKSHOPS AND COURSES



"One of the best PL sessions I have done in recent years. It's so important to look after your wellbeing." - Kristen, Byron Bay PS



BEGINNING TEACHING, CONTINUING LIFE (C278)

Beginning and early career teachers learn how to:

- Manage stress and prevent burnout
- Direct time and energy
- Create and keep healthy habits
- Practise mindfulness meditation
- Maintain job satisfaction
- Teach wellbeing to students.



PRACTICAL STRATEGIES FOR TEACHER WELLBEING (C462)

Staff learn knowledge, skills and strategies to:

- Build healthy habits for teaching and life
- Manage stress and prevent burnout
- Set actionable goals with intention
- Practise mindfulness meditation
- Teach wellbeing strategies to students
- Maintain job satisfaction.



MINDFULNESS MEDITATION FOR TEACHERS (C278)

Staff will learn skills, knowledge and strategies about:

- Current scientific and empirical research regarding mindfulness meditation
- Managing stress
- Developing compassion for self and others
- Practising mindfulness meditation
- Teaching mindfulness meditation to students.

"Practical skills I can immediately apply. Go to the website, contact Alison. It will be worth the effort - for yourself, family, students and your school" - Nina, Griffith English Language Institute

**Call Alison on 0450 274 011
to arrange a workshop or course
for the wellbeing of your staff,
students and school.**

