

Teacher Wellbeing

Presented by Daniela Falecki

Teacher Wellbeing www.teacher-wellbeing.com.au



As teachers we are busy, tired & stressed. What if there was a better way? an easier way? We can't keep giving more to others without giving something back to ourselves...

Format: Face to Face

Audience: All teachers - primary, secondary, tertiary.

Description

Teacher wellbeing has a direct impact on student achievement. Given teacher stress is ever increasing it is crucial to give teachers tools to better manage stress, be solution-focussed thinkers and strategies that support them in managing time, relationships and work-life balance. This workshop gives you the tools you need to reignite, restore and re-inspire your love of teaching.

Additional notes about this format

Participants will have the opportunity to share their own stories of challenge and success as we learn and tools to support wellbeing. The interactive format allows for people to experience concepts in a safe setting

Occurrences

There are no occurrences of this format in Australia (NSW) at this time.

Sessions

Stress and Challenge

2 hours

In this session we go through an overview of the day. Participants are encouraged to set a learning intention for the workshop with outcomes of what they would like to walk away with. We then begin by discussing the common stressors for teachers and the everyday challenges they face. These are collectively brainstormed and categorized into areas of influence and areas of concern. We then explore the concept of wellbeing, what it is and how we define it using current research stemming from Positive Psychology and more specifically Positive Education

Reframing with Communication

2 hours

In this session we explore the concept of perspective and the coaching principle of reframing with questions. We explore the theory of coaching psychology and practice questioning frameworks that have proven results in both business and education such as Whitmores GROW Model. Here we also play some interactive games that highlight key concepts in communication and enable participant to become active learners of their own reflection.

Putting it together with PERMA

1 hour

In this final session, we explore the foundations of Positive Psychology by looking at character strengths and how to use them in the classroom. We finish by looking at what is working well and make a plan for how we can best support our own wellbeing at work based on Seligmans PERMA model of wellbeing. We conclude the day by sharing our action plans for either supporting ourselves, other staff or planning for student wellbeing.

Putting it together with PERMA

1 hour and 30 minutes

In this final session, we explore the foundations of Positive Psychology by looking at character strengths and how to use them in the classroom. We finish by looking at what is working well and make a plan for how we can best support our own wellbeing at work based on Seligmans PERMA model of wellbeing. We conclude the day by sharing our action plans for either supporting ourselves, other staff or planning for student wellbeing.

About the team



Daniela Falecki

Creator

Daniela Falecki is known as the "keep-it-real" teacher who specialises in Positive Psychology. Her passionate and practical approach makes her a sought after speaker in schools because she knows what it is like. Sharing stories from her 20 years of experience in schools, her insights are practical, realistic and evidence based. Daniela also lectures at Western Sydney University, is a Senior Associate for Dr Suzy Green & the Positivity Institute, and is the developer of many BOSTES accredited mentoring and coaching programs for teachers. Daniela has been the NSW Manager for the Outdoor Education Group, program developer for International College of Wellness Coaches and is a member of the ICF (International Coaching Federation). She has completed a Masters in Education (Leadership), a Bachelor of Education (Physical & Health Education), a Diploma in Rudolf Steiner Education, a Life Coaching Certificate (Life Coaching Academy) is a Master Neuro Linguistic Programming practitioner and was voted Lecturer of the Year 2014 at Western Sydney University.



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Product: Teacher Wellbeing

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