

# A Teacher Wellbeing Toolkit - Recharge and regain control

Presented by Daniela Falecki



Research informs practice when it comes to student wellbeing but what about teacher wellbeing? Learn Positive Psychology interventions to build a teacher wellbeing fram...

Format: Face to Face - Individual

Audience: Teachers who are stressed, tired and 'over-it' and those looking to help colleagues be more resilient.

## Description

Research informs practice when it comes to student wellbeing but what about teacher wellbeing? Learn Positive Psychology interventions to build a teacher wellbeing framework for your school.

This is an updated version of Daniela's 5-star rated PD "Teacher Wellbeing". Here's what participants had to say about this course.

*"Daniela speaks and delivers information in a mindful way that allows us to learn about ourselves as individuals and as professionals." Skye Nestler*

*"What a refreshing feeling - leaving this PD. Understanding the importance of being true to yourself and recognizing the importance of your mental health before anything else. That is the most important thing."*

*"The presenter was a very good communicator. Very motivational and easy to understand/comprehend. The course offered some practical, scientifically rehearsed tools and strategies that could help teachers meet the demands of everyday teaching in today's classroom."*

*"Extremely useful. Tools that I can pick up and use tomorrow. Practical. Presenter vibrant, enthusiastic and relevant." Liz Smith*

## Occurrences

Start Date	Location	Price
16/03/2018	Sydney CBD	\$347 + GST
29/05/2018	Sydney CBD	\$347 + GST
05/09/2018	Sydney CBD	\$347 + GST
20/11/2018	Sydney CBD	\$347 + GST

# Sessions

## 1. Stop chasing your tail

**2 hours**

I don't need to tell you that teaching is stressful. From admin to parents, meetings and students who lack motivation, you are not alone. Together we unpack the stressors of teaching and learn the impact this is having on our body and our brain. We explore tools in cognitive behaviour therapy to better understand the thought-feeling loop as a way to define wellbeing and manage the dynamic nature of every day teaching. We learn how to get off the hedonic treadmill and take great control of doing what we love - teaching.

## 2. It's time to celebrate you

**2 hours**

As teachers we are encouraged to reflect on our practice, but when do we really have the time? Instead of looking at what isn't working we take a strengths-based approach to review what is working well, identify our character strengths, and reflect on what is most meaningful to us as educators. Through play and experience, we learn to live the tenants of Positive Psychology (feel good and do good) before we review case studies of what is working in other schools as examples of best practice.

## 3. Building a wellbeing toolkit

**1 hour**

Given student wellbeing begins with teacher wellbeing, we use the NSW DEC Wellbeing Framework to identify how teachers can connect, succeed and thrive both in their classroom and in the staffroom. We then map this to Seligman's PERMA model to form an evidence-based teacher wellbeing framework for either individuals or whole school policy. Participants leave with evidence based strategies to better support teacher wellbeing that is more than the annual BBQ or Friday drinks.

## About the presenter



### **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.



## Enrol now to secure your spot

Limited spots are available. Please enrol online or fax your enrolment to 1300 667 691 to secure your spot.

Please note, by submitting this enrolment form you are confirming that you have been given financial approval by your employer to attend this course. Cancellation advice should be given in writing 7 days before the commencement of this course.

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Product: A Teacher Wellbeing Toolkit - Recharge and regain control

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Occurrence Date:

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Your Name:

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