

Get a Grip - The Science of Emotional Management

Presented by Daniela Falecki



We all have a tipping point, what is yours? How do you manage stress? How can you better help students manage their emotions? Learn the science of emotion with Fredricks...

Format: Face to Face

Audience: Teachers who are tired, stressed and emotionally drained. Those looking to better help students manage their emotions as well.

Description

We all have a tipping point, what is yours? Most days we are fine until that moment when it all gets too much and we burst into the staffroom in tears. Know yours or others tipping point and learn simple ways to manage emotions with science from Barbara Fredrickson, HeartMath, Goleman and more.

1. Hope versus despair

We begin by defining emotional intelligence with Mayer and Salovey, then explore the ground-breaking work of Barbara Fredrickson where positive emotions broaden our perspective and build resilience. We draw link between stress and anxiety on the brain and explain how positive emotions can serve as the markers for hope and flourishing.

2. Identifying your tipping point

Teaching is an emotional vocation where we give, connect, share and give some more. While it is rewarding it can also be thankless where change is endless and resilience wavering. Research in the area of teacher stress and burnout suggests we need specific tools in social and emotional competence to become more resilient to the demands of the job. In using Daniel Goleman's 5 elements of Emotional Intelligence, we can begin planning ways to identify and manage our emotions with the goal of forming more positive relationships with others.

3. Building a better future

In this last session we experience and share a range of evidence based strategies from

organisations such as HeartMath, 6Seconds and more that merge theory into practice. All tools and resources are transferable to the classroom where we map them to CASEL and the Personal and Social and Capabilities framework within the national Curriculum.

Occurrences

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

Sessions

1. Hope versus despair

2 hours

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3. Building a better future

1 hour

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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.



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Product: Get a Grip - The Science of Emotional Management

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