

## The Teacher Wellbeing Toolkit

Presented by Daniela Falecki, This course is FREE with Online Subscription



Research informs practice when it comes to student wellbeing but what about teacher wellbeing? Get your teacher wellbeing toolkit for yourself or whole school.

Format: Online - Individual

Audience: Any teacher who is struggling with their energy, time or workload.

### Description

Research informs practice when it comes to student wellbeing but what about teacher wellbeing? Access the teacher wellbeing blueprint to build a plan for yourself or the whole school.

#### Additional notes about this format

Online tools and resources shared

#### Occurrences

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

---

### Sessions

#### 1. Why teacher wellbeing?

1 hour

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 research on teacher stress and the impact this is having on your body and brain. We define wellbeing through a positive psychology lens and reflect on the factors that have both a positive and negative impact on our wellbeing.

## **2. Let it go with mindfulness**

**1 hour**

Now that we have identified the wellbeing continuum from stress to flourishing, we take a moment to understanding and practice mindfulness. We explore current evidence based programs that exist to develop mindfulness and the research neuroscience that supports this.

## **3. The role of emotions at work**

**1 hour**

Teaching is an emotional vocation but do we really understand the role our emotions play at work? Here we learn how positive emotions can broaden our perspective and build resilience through the work of Barbara Fredrickson. We also explore strategies by Salovey and Mayer in the field of emotional intelligence to better manage emotions on a daily basis

## **4. Tracking the good stuff**

**1 hour**

As teachers we are always busy, however how often do we stop to celebrate all we have achieved? Here we do an audit of your busyness to track the good stuff as a way to reflect on where you are spending your time and energy.

## **5. Spotting strengths**

**1 hour**

We are well aware of the unique individual strengths of our students as we plan ways to help them embrace these gifts, yet what are your strengths or those of your colleagues? Here we identify our top 5 character strengths that form the foundation of positive psychology. By knowing these strengths and planning ways to use them, we support ourselves in moving towards greater job satisfaction and wellbeing.

## **6. Building your wellbeing plan**

**1 hour**

In this final session, we review the course and map our learnings to Martin Seligman's PERMA model. This world recognised framework forms the beginning of your evidence-based teacher wellbeing plan where you leave with either your own personal wellbeing plan, or a plan for your whole school. Reference is also made to the NSW DEC Wellbeing Framework.



## 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.

**Free** with  
Online  
Subscription

### **This course is FREE with Online Subscription**

#### **Creator**

If you hold a current TTA Subscription you can enrol into this course for free. To learn more, visit [tta.edu.au/go/subscription](http://tta.edu.au/go/subscription)

Please review the course details to learn how many PD hours this course contributes.



## 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.

---

Product: The Teacher Wellbeing Toolkit

---

Occurrence Date:

---

Your Name:

---

Your email address:

---

Employer name:

---

Employer phone:

---

Enrol online at <http://tta.edu.au>