

# The Staff Wellbeing Toolkit (Session 1 - Teacher Wellbeing)

Presented by Daniela Falecki

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Format: School Consultancy

Audience: Whole school staff

## Description

This Staff Wellbeing Toolkit is designed to help you as a staff member in a school, whether you are an educator, administrator or support worker, to be your best possible self for students and the wider school community.

The Staff Wellbeing Toolkit is designed to help staff manage every day stressors throughout a 12-month period with both face to face workshops and online resources.

The face to face workshops are 3hrs in length and typically run as twilight sessions after a teaching day, eg 3-6pm. Three face to face workshops are planned for delivery, typically one each term. These workshops have the following themes:

1. Teacher Wellbeing - The 5 Dimensions of Wellbeing
2. Embedding Growth Mindsets - Building Resilience
3. Peer Coaching - Reflecting on Purpose & Progress

The online component offers participants further information and links to all research and resources discussed in the workshops including transferable links to student wellbeing resources. The online component also offers downloadable resources such as posters for the staffroom and activities that could be used in staff meetings to refresh concepts and maintain momentum for wellbeing routines.

This is session 1 - Teacher wellbeing

### **Additional notes about this format**

Twilight session

1. Teacher Wellbeing - The 5 Dimensions of Wellbeing

### **Request for an occurrence of this course**

It may be possible to run this course in your organisation or school. To find out more, please go online and send us an enquiry.

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## **Sessions**

### **Teacher Wellbeing - The 5 Dimensions of Wellbeing**

**3 hours**

the 5 foundations of teacher wellbeing including an introduction to Positive Psychology and the PERMA Model of wellbeing

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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.



## 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: The Staff Wellbeing Toolkit (Session 1 - Teacher Wellbeing)

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Occurrence Date:

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Your Name:

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