

Mindfulness for Work & Life

Presented by Leah Shmerling



TAKE CARE
YOURSELF

Mindfulness focuses your attention on the present to develop positive ways of relating in the classroom, regulating your response to stress to increase job satisfaction...

Format: 2. Online

Audience: Teachers, Graduate Teachers, Senior Teachers and Assistant Principals

Description

In the busy world of our lives where we juggle responsibilities and tasks, and with the social and emotional demands placed on us, we feel stressed and at times unable to cope. We lose touch with our inner self and the connection with the present moment. Mindfulness helps us to come back to the here and now with kindness and care to reduce stress.

Practicing mindfulness can bring positive changes to our health and attitude to attain a positive mind-body balance for our overall wellbeing and happiness. Mindfulness practice enables us to stay focussed on the present, remain calm with our colleagues, family and friends to create a relaxed environment, improved job satisfaction and personal wellbeing.

Learn the practical applications of mindfulness for everyday life and happiness.

We offer a range of free mindfulness programs to help get you started on managing stress, improving your academic performance, strengthening your relationship with others, and boosting self-esteem.

Additional notes about this format

Teaching Standards

6.2.2 Proficient Level - Engage in professional learning and improve practice

6.3.2 Proficient Level - Engage with colleagues and improve practice

Are you in NSW? If so, this is relevant for you

Completing this course will contribute 6 hours of NSW Education Standards Authority (NESA) Registered PD addressing 6.2.2 & 6.3.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

TTA (Teacher Training Australia) is endorsed to provide the NSW Education Standards Authority (NESA) Registered Professional Development for teachers accredited at Proficient and Lead Level Teacher.

Occurrences

Start Date	Location	Price
Now	Online	\$269 + GST

Sessions

1. Understanding mindfulness

2 hours

What is mindfulness?
The origins of mindfulness
The facts and the myths of mindfulness
Why develop mindfulness?
Apply mindfulness to the teaching practice

2. Mindfulness practice

4 hours

How does mindfulness work? Getting started
Mindfulness therapies
Your sphere of control
Utilising your personal "Stability Zones"
How to practice mindfulness
Mindfulness techniques
Mindfulness activities
Mindfulness to attain goals

About the team



Leah Shmerling

Creator

Leah Shmerling is the Director and Principal Consultant of Career Coaching and Training, and is a Certified Retirement Coach. She is passionate about education, training and career development. With numerous higher level and vocational qualifications, and over thirty years' experience in career development, education and training, she brings professionalism and depth of understanding to mentoring and professional development, career counselling and coaching, job seeking and retirement coaching.

Since commencing employment, Leah has undertaken work in complementary areas that includes: corporate training, teaching in the tertiary sector and vocational training, and career counselling/coaching clients from a range of backgrounds and levels.

Leah is a Workshop Leader for Small Business Victoria, facilitating programs across Victoria. For many years, she has facilitated training programs for professional associations that include: the Victorian Chamber of Commerce and Industry (VECCI), CPA, the Australian Retailers Association of Victoria, and the Australian Institute of Management (AIM).

Leah is the developer, writer and producer of two online short courses: Mentoring and Development, and Foundations in Career Development Practice (incorporating CHCSS00005 Career Development Practice Skill Set).

Mentoring and development supports the professional practice of those who are seeking to unlock their potential for higher level performance. The process enhances professional learning and insight to reach a higher level of understanding to integrate into your work, as a process of continuous improvement.

The Foundations in Career Development (incorporating CHCSS00005 Career Development Practice Skill Set) course. The course provides individuals with a career development framework and ethical standards, designed to complement the professional practice of those who work or seek to work in careers, employment, education and training services, human resources, or industry specialist services.

With a strong writing background, Leah is a published author with Macmillan Education Australia of two books titled: Job Applications: The Winning Edge 1993, which sold nationally and overseas, with a second edition published in 1998, and Communication In The Workplace, 1996, using a competency based approach for the TAFE and professional market.

For many years, Leah has worked as a freelance journalist and has written for The Age - Education, Employment and Business, and is a former columnist and freelance writer with the Herald Sun - Learn. Leah has also written professional and business publications. Currently, Leah is a Published Writer on LinkedIn, and online professional publications.

Leah holds a Master in Professional Education and Training, Graduate Diploma in Career Development, a number of Diploma qualifications in Vocational Educational Training, and Certificates in Life Coaching, Mediation Skills, and Psychodrama.

Leah is a professional member of the Career Development Association Australia (CDAA). She has international accreditation and is Board Certified as a Career Management Fellow with the Institute of Career Certification. Leah is a Certified Retirement Coach with Retirement Options.



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:

Mindfulness for Work & Life

Occurrence Date:

Your Name:

Your email address:

Employer name:

Employer phone:

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