

# Teacher Wellbeing - Recharge and Regain Control

Presented by Daniela Falecki



Give your staff evidence-based strategies to support their own wellbeing. Improve wellbeing literacy and normalise struggle and thriving with reflection and collaborati...

Format: 2. Online

Audience: All teaching and non-teaching staff working in a school who are tired, stressed and looking for strategies to have more energy and time.

## Description

Teaching is both stressful and rewarding, with high levels of accountability and high demands on teachers' time. With endless tasks to complete, personal energy can take a battering as teachers strive to meet the needs of students, parents and colleagues. In this session, we explore common challenges for staff in schools with practical ways to merge theory into practice. Using the science of Positive Psychology, we share evidence-based strategies for teachers to recharge and take control of their wellbeing.

This session can be conducted in two ways;

- "At my School" - a Face to Face workshop at your school with all staff
- "Online" - participate in a self-paced course of a pre-recorded workshop

In this program we;

- Discuss the global stressors for educators and their impact on wellbeing.
- Unpack the 5 dimensions of wellbeing and their relevance for school staff
- Practice cognitive reframing as we discuss the importance of perspective
- Form positive connections with strength-based conversations
- Explain the Hedonic and Eudemonic lens of teacher wellbeing
- Reflect on our wellbeing using Martin Seligman's five pillars known as PERMA
- Consider next steps as we plan our personal wellbeing plan

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

## **Additional notes about this format**

### **Teaching Standards**

6.2.2 Proficient Level - Engage in professional learning and improve practice

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

Completing this course will contribute 5 hours of NSW Education Standards Authority (NESA) Registered PD addressing 6.2.2 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**

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

## Sessions

### The Stress and Wellbeing relationship

**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.

### Stop, Connect, Share

**2 hours**

In this session we explore strategies to manage wellbeing. We all want more time, but the secret is to manage energy not time. Cognitive load is high and mindfulness gives us effective ways to create better work-life balance. As teachers we are encouraged to reflect on our practice, but what questions do we ask and in what time? Our negativity bias often has us looking for what isn't working but what happens when we use a strengths based lens?

### Developing a personal wellbeing plan

**1 hour**

In the final session, we use the science of wellbeing known as Positive Psychology map strategies to Seligman's PERMA. Through the lens of helping teachers "feel good" and "do good", people have an opportunity to plan their personal wellbeing plan.

## 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 the reality of schools. Sharing stories from her 25 years of experience in schools, her insights are practical, realistic and evidence based. Daniela also lectures at Western Sydney University, has been a Senior Associate for Dr Suzy Green & the Positivity Institute. 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, licensed Mental Toughness user 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: **Teacher Wellbeing - Recharge and Regain Control**

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Occurrence Date:

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Your Name:

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Your email address:

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Employer name:

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