

# Be your own Super-HERO

Presented by Daniela Falecki



In 2020 teaching and learning changed. How school staff manage this change directly impacts wellbeing. Learn simple strategies to support your wellbeing for ourselves.

Format: At My School

Audience: All staff working in a school (teaching and non-teaching)

## Description

With Covid-19, teaching and learning has changed. What does this mean for the stress and wellbeing of school staff? In this session we explore our VUCA world of constant change (Volatile, Uncertain, Complicated and Ambiguous). We identify how we can be first responders to our wellbeing with DRABC and we leave with HERO map as way of connecting to meaning and purpose. HERO draws on the research of Organizational Psychology to explain Hope Theory, Efficacy, Resilience and Optimism within organisations.

### Additional notes about this format

This session is designed to be conducted F2F in a school.

### 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 2 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.

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## Sessions

### Be your own Super-HERO

**2 hours**

Teaching is tough enough without having to deal with a global pandemic. With constant change impacting teaching and learning what does this mean for the stress and wellbeing of school staff? In this session we explore our VUCA world of constant change (Volatile, Uncertain, Complicated and Ambiguous). We identify how we can be first responders to our wellbeing with DRABC and we leave with HERO map as way of connecting to meaning and purpose. HERO draws on the research of Organizational Psychology to explain Hope Theory, Efficacy, Resilience and Optimism within organisations.

By the end of the session, participants will be able to to;

- Identify elements of a VUCA in education (Volatile, Uncertain, Complicated and Ambiguous).
- Identify ways they can be first responders to their wellbeing with DRABC
- walk away with a HERO map as way of connecting to meaning and purpose.
- HERO draws on the research of Organizational Psychology to explain Hope Theory, Efficacy, Resilience and Optimism within organisations.

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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 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

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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: Be your own Super-HERO

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