

# First Aid for Teacher Wellbeing (Deep Dive)

Presented by Daniela Falecki



We have all done hours of First Aid training. We know how to respond to critical incidents with students, but how do we act as first-responder to our wellbeing?

Format: 2. Online

Audience: any one working in a school

## Description

With a global pandemic teaching has changed. Now more than ever teachers need strategies to support their wellbeing.

You are probably here because you love teaching but are tired, exhausted and feel overwhelmed with the changing demands on teachers. Now more than ever we need to empower ourselves with simple yet practical strategies to strengthen our wellbeing.

This course was developed at the time of the Covid-19 global pandemic, out of a need to help teachers act as first-responders to their own wellbeing, however the strategies are relevant for any time.

As educators, we have all done hours of First Aid Training in how to respond to critical incidents at school. In this course, we use the DRABC acronym to learn practical strategies to respond to our own wellbeing NOW!

This course is for any teacher who works in a school, whether that be early childhood, primary, secondary or tertiary.

Whether you are a beginning teacher or an experienced leader in a school, the strategies here are applicable to all.

Please also know the course has been designed to take 5 hrs with some modules being longer or shorter than others.

I have also included a number of optional readings, research papers and links for further study.

Each module unpacks specific strategies teachers can use to act as first-responder to their wellbeing. All strategies are evidence-based with a foundation in Positive Psychology, Cognitive Behaviour Therapy, Acceptance Commitment Therapy and Emotional Intelligence research.

The modules include;

D - Divergent Thinking

R - Rest your mind

A - Awareness of self

B - Believe you are enough

C - Celebrate daily

## 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

This course may contribute towards **Elective PD** hours. Visit [NESA website](#) for more details.

## Occurrences

Start Date	Location	Price
Now	Online	\$269 + GST

## Sessions

### Divergent thinking

#### 1 hour

#### Divergent Thinking

In the midst of a global pandemic, education has been turned on its head. If teachers weren't overwhelmed and stressed before this, they certainly are now. Together we use the First Aid acronym DRABC to unpack how we as individuals or school leaders can act as first-responders as a way to support the wellbeing of teachers at this very unique time.

Objectives:

- Explore how teaching has changed due to a global pandemic
- Describe on the implications of uncertainty within complex school environments
- Define divergent thinking as a first strategy for wellbeing
- Reflect on what teaching means to us, why we do it and what we are trying to achieve

## **Rest**

### **1 hour**

Objectives:

- Reflect on our addiction to busyness and the habits it forms
- Identify the importance of MEDS to support physical wellbeing
- Explore the research of Jim Loehr as a model of engagement and performance
- Practice strategies in mindfulness

## **Awareness**

### **1 hour**

Objectives;

- Unpack the domains of wellbeing
- Encourage proactive wellbeing conversations with colleagues
- Explore the science of acceptance and its relationship to mindfulness
- Practice strategies in ACT
- Identify the importance of emotional intelligence to increase self-awareness

## **Believe**

### **1 hour**

Objectives;

- Reflect on our teaching values and why we teach
- Reflect on the contributions we make in education
- Connect to our WHY
- Identify what is most meaningful to us as educators

## **Celebrate**

### **1 hour**

Objectives:

- Reflect on both big and small achievements
- Acknowledge effort, attitude and outcomes
- Share success stories with colleagues
- Connect with colleagues in positive ways
- Create a wellbeing plan that utilises DRABC

## 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: First Aid for Teacher Wellbeing (Deep Dive)

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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>