

## THRIVE at Work

Presented by Daniela Falecki

No image

Teaching can be tough so how can we THRIVE instead of just survive?

Format: At My School

Audience: all staff, teaching and non-teaching staff

### Description

Teaching can be tough so how can we THRIVE instead of just survive?

This session highlights challenges staff face in schools and how we manage stressors. We explore the complexity of wellbeing as we unpack 6 practical and realistic strategies for moving from surviving to thriving. The science of Positive Psychology gives us the research to plan evidence-based ways to better support our wellbeing

This includes;

T - Give yourself TIME

H - HEAR the good stuff

R - RELATIONSHIPS matter

I - Notice the IMPACT you have

V - Live your VALUES

E - EMOTIONS are your friends

### Sessions

No session information is available.

## 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.



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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:

THRIVE at Work

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Occurrence Date:

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Your Name:

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