

Remarkable School Office Teams

Here is an outline of Remarkable School Office Teams workshop

The workshop can be based upon the following modules.

Practical Strategies for Building Resilience is a workshop for staff working in environments where stress and anxiety effect their emotional wellness and workplace performance.

Session One – Why resilience may be important in your working life.

Together, we will explore: What is resilience? Character strengths, knowing yourself, and your resilience learning objectives

Session Two – Enhance your skills

This session will outline how you learn about resilience and problem solving as a strategy.

Session Three – Emotional Literacy

This session will explore personal feelings. Together we look at the range of emotional reactions we experience during a school day and how to acknowledge our feelings. Includes a session on setting boundaries to protect ourselves.

Session Four – Resilience strategies

In this session we will explore effective coping strategies, including setting boundaries, thinking traps, and building strong relationships with effective communication.

Session Five – Mindfulness as a resilience tool

This session will look at the balance between stress and relaxation. We will explore relaxation techniques that will comfort and quieten your anxiety when in a stressful situation.

Session Six – Coping skills

By exploring our triggers we can then develop coping strategies to maintain a sense of control and balance.

Session Seven – Looking after ourselves

What factors can we explore to make sure our wellness needs are being met?

Session Eight - Collegial Teams

During this session we explore how we can work together with respect, loyalty, and support towards contributing to the goals of the school. Includes a session on workplace culture.

Session Nine – Personal Resilience Plan

The final session will cover your reasons for creating a resilience plan. It will

highlight what is undermining resilience in your life and what resilience will bring into your life.

Duration – Each session can be tailored to meet a team's needs. A workshop can be tailored to your needs and run from 2 to 3 hours.

Support resources – Each session is accompanied by a CD of reference resources that you can draw upon to remind yourself of the session contents or to take your level of understanding to a higher level.

Your workshop presenter – Michael Auden is an experienced teacher and workshop presenter. Over recent years over 13,000 Australian people have attended his development workshops throughout Australia. His training and development resources are popular across the English-speaking world.

Workshop fee –

My fee for this workshop for half a day is \$1500.

A 50% deposit is required to secure the booking.

Contact

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