

Teacher Emotional Health & Wellbeing workshop

Teaching is a highly emotional craft, loaded with possibility and expectation, importance and scale. Teacher morale is a by-product of being treated as leaders and being treated with respect. Teacher morale is the end product of empowering teachers to make decisions that affect their lives. Teachers report that already low estimates on teacher morale are continuing to plummet. The number of teachers taking stress leave is increasing every year.

The job of the school's leadership is to create an environment where staff work most effectively with the most desired outcomes for students. This will enable the highest levels of job satisfaction and the most appropriate environment for everyone.

A Positive Workplace Program will help you to make sure that your staff are well looked after, feeling listened to, and motivated in their roles.

Presenter:

Michael Auden is an experienced teacher and workshop presenter. Over recent years over 15,000 Australian teachers have attended his development workshops throughout Australia. His training style is engaging, relevant, fun, interactive and motivating.

Workshop fee

Two-hour workshop \$1500.

Economy return airfare from Melbourne.

Program:

Session one – Crucial conversations about teacher wellbeing

We explore the key characteristics that impact on a teacher's emotional health and stability.

Session two – What makes teachers tick?

We explore why teachers enter the profession and the expectations they have of school leadership and colleagues.

Session three – Barriers to teacher engagement

This session will help teachers highlight the barriers that they face to being fully engaged as teachers.

Session four – Personal Mental Health and Wellbeing

In the final session staff will collect resilience and coping strategies to use when they feel under pressure.

Key learning outcomes:

Critique personal strengths and motivations

Anticipate struggle points and influence positive outcomes.

Scan activities to build resilience levels.

Maintain a happiness focus at school

Develop strategies to build personal wellbeing

Stay motivated and supporting fellow staff and school leaders
Managing your professional wellbeing

Schools to work with Michael

Brigidine College – Resilient School Teams

Claudia Mathews - MathewsC@brigidine.qld.edu.au

Catholic Regional College – Resilient and Happy School Office Teams

Gay Hooper - ghooper@crccs.catholic.edu.au

Lesmurdie Senior High School – Resilient School Teams

John Stone

North Ryde Public School – Resilient School Teams

Erika Southam Erika.Southam@det.nsw.edu.au

Hoppers Crossing Secondary College – Resilient School Office Teams

Gay Torner torner.gay.r@edumail.vic.gov.au

Bell Park North Primary School – Resilient School Teams

Rosalie Scott scott.rosalie.j@edumail.vic.gov.au

Newhaven College – School Ambassador Program

Contact Elizabeth Hall elizabeth.hall@newhavencol.vic.edu.au

Baringa School – Women Teaching Boys

Contact Kelly Mether mether.kelly.a@edumail.vic.gov.au

Carwatha College – Resilient School and Happy Office Teams

Contact Wendy Parkinson parkinson.wendy.w@edumail.vic.gov.au

Mornington Secondary College – Resilient & Happy Office Teams

Contact Lisa Jansens LJA@MORNSC.VIC.EDU.AU

Marian Catholic College – School Office Wellness Workshop

Contact Helen Peter hpeter@parra.catholic.edu.au

Matthew Flinders Girls Secondary College – Resilient & Happy Office Teams

Contact Marianne Scott scott.marianne.l@edumail.vic.gov.au

Wollongong Dist Principals Council School Branding

Contact Pam Grosse pamela.grosse@det.nsw.edu.au

Nanango State High School – How Boys Learn Workshop

Contact Daryl Early dearl9@eq.edu.au

Nobby State School – School Ambassador Program

Contact Tim Youngberry tyoun56@eq.edu.au

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