

Do you agree that teaching today is more complex and stressful than ever before?

- Do you deal with challenging incidents on a daily basis?
- Are you constantly having to manage difficult students and deal with difficult parents?
- Are you frustrated by the increasing emotional stress and pressure of your role?
- Do you want to get back to enjoying teaching?

This (finally!) is a workshop for YOU!

Emotional Resilience for Educators

January 24 School Holiday Workshop: Start the New Year Right

“Emotional Resilience may be one of the most important capabilities of our time.”

Emotional Resilience is an essential survival skill that we all need now more than ever. It includes the capacity to manage pressure and bounce back from setbacks and crises, and is the means by which people succeed in changing and turbulent times. *Emotionally Resilient people are able to weather the tough times and come out the other end stronger.*

You'll learn:

- How to be more effective at *responding to difficult people and situations*
- How to build your Emotional Resilience so you can *enjoy teaching*
- Skills and strategies to help you *respond more effectively to pressure*
- How to positively influence yourself on every level to create productive changes
- How to teach students to *self-manage* their emotions and behaviour

Presenter: Steve Wells is an internationally recognised psychologist and educator who conducts professional development programs worldwide. He worked for 10 years in the WA Dept of Education and Training in varied roles including Psychologist in Charge of SPER, for students with severe social, emotional & behavioural problems. Steve's workshops are full of practical strategies you can apply to get better results with less stress! Web: www.eftdownunder.com & www.excedge.com.au

Emotional Resilience 24 January 2012 Holiday Workshop - Registration

Date: Tuesday 24 January 2012, 9.00am – 3.30pm (Includes light refreshments, BYO lunch)

Venue: St Catherine's College, Park Road, Nedlands (Opposite Uni of WA)

Fee: \$195 Early Bird Discount (If paid by 25 November 2011) \$250 Full Fee (If paid after 25/11).

Bookings: Call Louise 9271 9271, Fax form to: 9271 2250, or Email: events@eftdownunder.com

Refund Policy: 50% refund for cancellations prior to 9/12/11. No refunds after this, however places are transferable.

** THIS WORKSHOP CAN BE RUN IN-HOUSE AT YOUR SCHOOL – CALL OR EMAIL US FOR DETAILS **

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Mail Cheques to: Steve Wells & Associates Pty Ltd PO Box 54 Inglewood WA 6052. (ABN: 69 095 226 921)