



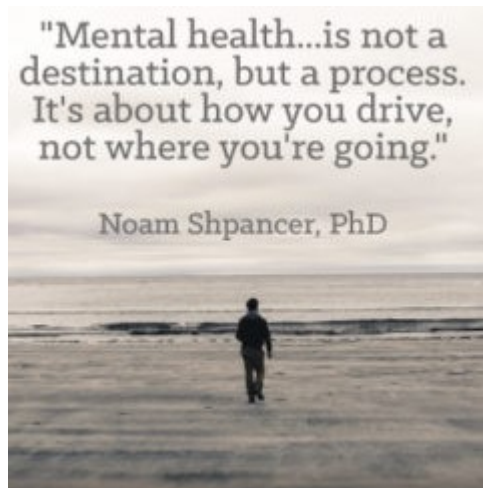
Proudly Presents

"Supporting the Mental Health and Wellbeing of Ourselves & our Students"

Thursday 28th May 2020

Live Streamed One Day Webinar

6 PD Hours



Please register at www.criticalagendas.com.au

TARGET AUDIENCE:

**Teachers, School Leaders, Heads of School, YLCs, Student Support Staff, Other Professionals
Working with Young People**

Webinar -Log In Between– 8.45am & 9.00am

9.00am – 10.15am. Workshop No 1

Dr Rich Allen

Developing Mental Resilience -

How to Raise engagement and energy in the classroom without depleting your own reserves

Teachers report on the highest levels of occupational stress in Australia, making more mental stress claims than any other industry. They feel overwhelmed by their workloads, the pressure of assessments targets, poor student behaviour and the increasing need to deal with aggressive parents who expect schools to work miracles.

While many of these issues are systematic, this empowering address offers teachers strategies for reducing stress in the one area they can control, their own classrooms.

Learn how to conserve your own reserves by harnessing the energy of your students. When students are immersed in learning both their behaviour and test results improve. Meanwhile, teachers have an opportunity to take a breath, identify trouble before it occurs and make tactical interventions with students to get them back on track.

10.15 – 10.25am Mini Break

10.25am – 11.25 am - Workshop No 2

Miranda Marriott

Improving Your Student's Self-Talk, Self- Worth and Performance

The way that students perceive, speak and relate to themselves has a dramatic impact on their engagement and performance at school, their relationships with their peers, their teachers and their parents. The typical way people try to enhance their motivation, performance and experience of life, involves being critical and harsh with themselves, but research now demonstrates how this actually leads to underperformance and undermines their wellbeing. This session will explore the origin of the self-worth and self-talk issues and the problems that psychologists are now finding that the previous suggestions around improving self-esteem. Miranda will explore the latest research and insights around the power of self-compassion to enhance their self-perception and self-talk, as well as transform your student's relationship with themselves, their study, their performance and their broader life.

11.25am – 11.35am Morning Break

11.35am – 12.35pm Workshop No 3–

Greg Mitchell

Managing Behaviours and Mental Health in Schools

A 2017 worldwide study showed that 792 million lived with a mental health disorder. This is slightly more than one in ten people globally (10.7%)

In your classroom of 20 plus, chances are that one or two students are dealing with serious social/emotional stressors relating to poverty, domestic violence, abuse and neglect, trauma, or a psychiatric disorders.

These children represent the most challenging students in our classrooms today. Many of their stories are heart breaking but their behaviour can trigger a whole range of adverse effects in your classroom and school and will often impact on your own mental health.

This session details how schools can recognise behaviours as a symptom that communicates a pattern that has a function and can be changed in a way that lasts.

This workshop explores a set of simple strategies framed around creating a FAIR plan for student behaviour where FAIR stands for

- Functional analysis,
- Accommodations,
- Interaction strategies, and
- Response strategies.

It shows how this can be practically applied to classrooms in a way that enables teachers to strategically plan to create a better environment for students who struggle.

12.35 – 1.00pm Lunch

1.00– 2.00pm Workshop No 4 –

Dr Rich Allen

Not another new practice!

The subtle art of making change positive

Change is a teacher's constant companion. Every year, schools have to adapt to new technologies, policies, testing standards and teaching practices. For Principals and Faculty Heads, one of the biggest hurdles to effecting fast, lasting change is natural resistance. Human beings are creatures of habit – hard wired to do the same thing over and over. But to create effective, learning environments we need teachers to get excited about doing something different – every day. In this eye-opening session, Dr Rich Allen shares subtle but powerful tactics for school leaders to get faculties to see change in a different light – and teachers to motivate students to try something new. Based on brain science and educational psychology, Rich's strategies convert the stubborn and frightened from combative nay-sayers to curious explorers.

2.00pm – 2.10pm – Mini Break

2.10pm – 3.10pm Workshop No 5

Miranda Marriott

Strategies to Increase the Resilience of Your Students

There have been an ever increasing number of our adolescents struggling with stress and mental health concerns, which can create issues with their engagement and performance at school, their peer, teacher and family relationships, as well as their satisfaction in life. This session will explore key strategies that the teacher, support and wellbeing staff can apply with their student's to improve their wellbeing and resilience amidst their challenges. Miranda will provide the latest research around the most powerful, practical and easy to apply tools to transform a student's wellbeing looking at practices from Solution-Focused Therapy, Neuropsychology, Cognitive Behaviour Therapy and more.

3.10 – 3.20 Afternoon Break

3.20pm – 4.20pm Workshop No 6 –

Dr Rich Allen

Building positive relationships.

How to stop people you don't understand from stressing you out

In the end, teaching is about having *successful relationships* – with students, colleagues and parents. This hilarious yet powerful session offers some startling insights – on two distinct levels – on how to better manage our relationships. It offers a clear path to consider on how each of us can step forward in our own growth and development as an educator *and* a human being, and ultimately provide today's students a clear model of how to be successful as an adult in today's ever-changing world.

Close 4.30pm

6 Hours of PD

\$235 + GST = \$258.50

Groups Bookings (5 or more Participants) \$205 + GST per person