

The CARE Factor

COMPASSION | ATTUNEMENT | RESILIENCE | EXCELLENCE

Cultivating Teacher Wellbeing



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POWERFUL AND TRANSFORMATIONAL WAYS TO TEACHER WELLBEING

A Vital Role—Worth Being Well

Across the globe, billions of children are being taught by millions of teachers - most of whom put the wellbeing of the children in their care in front of their own. It's time to return CARE to teaching. In this workshop take a deep dive into Positive Psychology and learn how to activate the principles every day personally and professionally.

Moving, touching, powerful and transformational, let this workshop take you on a journey of self discovery. From where you started, to the many influences over your lifespan to right where you are this minute—and then positively plan for greater self Compassion, Attunement, Resilience and Excellence.

Practical Training & Learning

It is, perhaps, a rare opportunity for most teachers to receive a window of time to focus on their own wellbeing. Competing demands for time and attention can quickly lead to burnout and exhaustion—so this workshop is a practical salve.

Work with our experienced team to open a space to pause and reflect and to grow personally and professionally.

This Workshop Includes:

- Learn about and rate yourself on the Positive Psychology PERMA Principles
- Identify formation of belief systems
- Identify and modify thinking patterns towards hope and optimism
- Practise practical ways to work towards better self-CARE



HELEN DAVIDSON

Learn from the BEST

Helen Davidson (Occupational Therapist, Masters Counselling, Family Therapy) and Claire Orange (BSci Speech Pathology (Hons), Counselling, Family Therapy) bring a collective 55 years of child, adolescent and family therapy to BEST Programs 4 Kids. Both have worked nationally and internationally in health and education and are sought after speakers, experts and advocates in the child, adolescent and family mental health.



CLAIRE ORANGE

Appearing as Channel 9, ABC National Radio and 6PR's parenting and mental health experts, the team at BEST appear weekly as media spokes-people for children and their families.

To organise a Professional Learning Workshop in your school

Email the BEST Team at info@bestprograms4kids.com

or visit us at www.bestprograms4kids.com and complete the Contact Us form

