

WELLBEING COORDINATORS: TRAIN THE TRAINER

POWERFULLY & PRACTICALLY LEADING YOUR SCHOOL'S WELLBEING INITIATIVE IN 2019

Do you have a **health and wellbeing focus in 2019**? Has someone been appointed to the position of Wellbeing Coordinator—or have you fallen into that role? Whatever, the reason, we have THE workshop for you!

To powerfully drive your staff and student wellbeing initiative, join us for a practical look at wellbeing done well. Learn the latest information on childhood wellbeing, how to re-ignite staff and student wellbeing in your context and how to problem-solve the BIG wellbeing interrupters in your school's context. Network with other Wellbeing Coordinators and champions and together we'll create a plan to drive your year's wellbeing campaign.

Wednesday 30th January 8.45am - 2.45pm

The sad truth—we face a national health and wellbeing crisis. Our young people are growing up in a world surrounded by consumerism, the pressures of social media, they're digitally distracted, destabilised by family breakdowns, stressed by academic demands, deceived by body-beautiful and digitally altered images and damaged by messages about intimacy and relationship building by online pornography and inappropriate image sharing.

We have the power to actively shape learning environments where children's emotional health and wellbeing is prioritised. A wellbeing environment that's immersive for children, parents and educators that acknowledges the health, educational and economic benefits of identifying and teaching the life-skills leading to thriving, flourishing and robust resilience.

Join us for a day of wellbeing networking, learning and problem-solving, including...

- Unpacking wellbeing in your context with a systems' approach in mind.
- Brains, brains, brains! What every Wellbeing Coordinator needs to know.
- Supporting wellbeing factors in a practical context; sleep, movement, nutrition.
- Identifying and understanding common wellbeing interrupters: behaviours, parents, staff and programs.
- Linking mental health and Social and Emotional Learning (SEL)
- Strategies to ramp up your school's SEL program, approach and uptake
- Targeting staff wellbeing
- Co-creating a plan to optimise knowledge-sharing, cooperation and collaboration.

Leave with...

- A Wellbeing Coordinator's Guide
- Resources to increase parent engagement
- Strategies to bring all staff members into the conversation
- A network of Wellbeing Coordinators
- Staff and student wellbeing resources
- Knowledge of holistic wellbeing factors

Lead by...

Claire Orange, Co-director of BEST Programs 4 Kids (BSci Speech Pathology (Hons), Counselling, Family Therapy. 25 years in health and education



January 30, 2019

Wellbeing Workshop \$165 (early bird) or \$185 (after December 14)

Venue:

CREEC—Canning River Eco Education Centre
cnr Kent Street and Queens Park Rd, WILSON WA 6107

Enquiries:

info@bestprograms4kids.com or 0438 872 061

Registrations:

www.bestprograms4kids.com/professional-workshops/

Read more about BEST Programs 4 Kids here: www.bestprograms4kids.com