

OPTIMISING CHILDHOOD WELLBEING: WEBINAR TRAINING



IN YOUR TIME. CONVENIENT. ON POINT.
ACTIVATE YOUR SCHOOL'S WELLBEING INITIATIVE IN 2019

Do you have a **health and wellbeing focus in 2019**? Whether you're in the position of Wellbeing Coordinator—or you want to know more about childhood mental and emotional health, we have THE Webinars for you!

WEBINAR
INVESTMENT **\$280**

To powerfully drive your staff and student wellbeing initiative, join us for a practical look at wellbeing done well over 4 x 90 minute Webinars.

Receive your access to:

- ✓ **Four x 90 minute Webinars**
- ✓ **12 month subscription to access the content**
- ✓ **A downloadable manual with each Webinar**
- ✓ **Reproducible Parent Information with each Webinar**

2019 WEBINAR DATES

- WEBINAR 1 - Tuesday, February 19, 3.30pm
- WEBINAR 2 - Thursday, February 28, 3.30pm
- WEBINAR 3 - Tuesday, March 12, 3.30pm
- WEBINAR 4 - Thursday, March 21, 3.30pm

WEBINAR 1 - UNDERSTANDING CHILDHOOD MENTAL HEALTH DIAGNOSES

Childhood anxiety, ADHD and trauma-related issues are commonplace in classrooms. In this webinar explore:

- How they present
- The gender related differences in presentation and behaviours
- How to approach parents when concern arises

WEBINAR 2 - THE MANY FACES OF ANXIETY IN THE CLASSROOM

Increasing childhood anxiety means knowing how to teach regulation and resilience. In this Webinar explore:

- The many faces of anxiety in the classroom
- Common developmental and gender patterns and presentations
- Methods to help parents to manage both their child's anxiety - and their own

WEBINAR 3 - THE MANY FACES OF ADHD IN THE CLASSROOM

Whether diagnosed or not, inattention, fidgeting and resistant behaviour is complex. In this Webinar explore:

- What's happening in the ADHD brain?
- Common developmental and gender patterns and presentations
- Methods to help parents to encourage action, engagement, persistence and attention

WEBINAR 4 - WHEN BIG EMOTIONS TAKE OVER CLASSROOMS...

Excitability, anger and anxiety can cause chaos and de-rail learning. In this Webinar explore:

- Teaching emotional self-regulation in the early, middle and upper primary years
- How to embed scaling as a calming down process
- Turning down the heat on big emotions - practical strategies



Enquiries: info@bestprograms4kids.com or 0438 872 061

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