

Strategies for Resilient Teachers Program: Content

Venue: The Y Hotel, Sydney City

Cost per day: \$280 + GST

Lunch, tea, coffee etc provided

<p>Day 1. 9.00 – 4.00</p> <p>Keeping Balance & Getting Things Done (Stress & Procrastination)</p>	<p>Day 2. 9.00 – 4.00</p> <p>Realistic Optimism & Resilience</p>	<p>Day 3. 9.00 – 4.00</p> <p>Interpersonal Effectiveness & Realistic Expectations (Communication, Conflict Management & Expectations)</p>
<p>Session 1 (3 hours)</p> <p>In this session participants self-assess their pre-existing stress tendencies and explore strategies for: identifying, minimising and optimising stress; understanding behavioural, psychological and physical components of stress; and examining stress and performance issues - including practical work on various coping strategies and developing everyday resilience.</p> <p>Session 2 (3 hours)</p> <p>This session includes Identification of pre-existing procrastination and poor time management practices as well as providing strategies for improvement. It covers practical exercises in other elements of time management and personal efficiency and issues (such as prioritisation and planning) around maintaining appropriate work-life balance and organising oneself.</p>	<p>Two 3 hour sessions</p> <p>These two sessions begin with an exploration of the importance of optimism and pessimism in education. It includes self assessment of individual optimism-pessimism profiles to allow people to leverage their strengths and target specific areas for improvement.</p> <p>The module also includes training in realistic optimism and positive psychology. Participants will learn strategies to identify and reduce pessimism and appropriately increase optimism. Also included are exercises in dealing with the interpersonal and social; effects of optimism and pessimism</p> <p>The overall goal is to enable teachers to improve their resilience and maintain constructive outlooks when faced with adversity and challenge both in the classroom and in their professional activities generally.</p>	<p>Session 1 (4 hours)</p> <p>This includes the psychological fundamentals of interpersonal behaviour and responding to challenging situations typically encountered as a teacher. This component includes skill development in how to minimise, deflect and respond effectively to confrontation and how to respond appropriately to difficulties with students as well as dealing constructively with challenging interactions with parents, colleagues, supervisors and school management.</p> <p>Session 2 (2 hours)</p> <p>This module provides participants with a chance to reflect on their career expectations and recalibrate them to better reflect the professional reality they experience. It will enable participants to share ideas and experience regarding support available should they encounter difficulties. This also includes advice and information on establishing and maintaining formal and informal professional networks involving various stakeholders.</p>