

Building Resilience for Teachers

Strategies you can apply to the challenges of work and life.

Today's busy schools mean that teachers are faced with many challenges on a day to day basis. How they respond to these challenges is critical to their success on all levels and contributes to their overall sense of well being. Resilience is the key element to success and to avoiding burnout, defensiveness, cynicism, depression and fatigue.

This informative and engaging program provides teachers with numerous strategies that will equip them to deal more effectively with challenging situations and regain a healthy perspective. During the workshop they will be invited to develop their own resiliency tool kit to have at their disposal to live a more balanced, successful and happy life!

Teachers will also enjoy the insight this workshop brings to assisting children to become more resilient.

This one day workshop covers:

- the importance of resilience in our lives
- how beliefs impact our reality and understanding that when **we** change, “things” change
- identifying common faulty thinking patterns
- our circle of control and concern and circle of influence
- self management strategies that work!
- assertiveness and reframing skills
- emotional bank accounts – deposits and withdrawals!
- action planning to create change, with an optional follow up call with our facilitator

Prices vary depending on the number of participants, travel required and duration of the workshop.

Please call Inspirational Coaching to discuss your school's specific needs and create a learning experience they won't forget.