

Online learning


SSTUWA
The State School Teachers' Union of W.A. (Inc.)


Using Mindfulness and Gratitude for Yourself and Your Students - LIVE 60 mins

About the course

The SSTUWA, in partnership with TLN in Melbourne, are pleased to offer this online learning opportunity. Teachers invest a lot of personal energy into their work. It is important for all teachers look after themselves and realise that self-care isn't selfish. This session will discuss easy ways to build self care practices into daily life such as mindfulness and expressing gratitude which can help increase your ability to regulate emotions, and can decrease stress, anxiety and depression. These techniques can then be introduced into your classroom and support your students to develop mindfulness and gratitude. This session is a must for all teachers following the complex year we experienced with COVID-19 restrictions in 2020.

Date

Tuesday 26 October 2021

Time

3.00-4.00pm Perth time
Login at least 20 mins prior to start time

Cost

\$40: SSTUWA members
\$80: Non-members

Facilitator

Tanya Whiteside

Nominated audience

Early Childhood, Primary and Secondary and TAFE Lecturers

Online requirements

- Stable internet connection
- Laptop/desktop computer
- Earphones or headphones (optional)

Delivery method: Live online event

The event will be one hour in duration and consist of live delivery of content at the specified time by a presenter and a host. You will also have an opportunity to interact with other participants and engage with the presenter online. Completing this course will contribute to one hour of professional learning and a certificate will be provided at the end of the session.



About the hosts

Teacher Learning Network (TLN)

TLN is a Melbourne based, not-for-profit professional development provider supported by the Australian Education Union Victoria Branch and the Independent Education Union Victoria/Tasmania Branch. SSTUWA will be your major source of communication before the online event. Prior to the live event, SSTUWA will email you detailed instructions about how to access the online training space. TLN will then provide immediate telephone support just before the event begins on the day, and during the training if required.

Teacher Registration Board of WA

Professional Standards for Teachers in WA

AITSL Australian Professional Standards for Teachers

TRBWA
Teacher Registration Board
of Western Australia

This training relates to:

Standard 6 Engage in professional learning

Online learning



SSTUWA
The State School Teachers' Union of W.A. (Inc.)

Using Mindfulness and Gratitude for Yourself and Your Students - LIVE 60 mins

Tuesday 26 October 2021

Given name: _____ Surname: _____

Union member Yes No Union ID no: _____

School/workplace: _____

Phone: _____ Mobile: _____

Email: _____

Payment method

Payment by school Yes No

Cheque

Payable to: The State School Teachers' Union of W.A. (Inc.)

Post to: PO Box 212, West Perth WA 6872

Cost (Please tick)

\$40: SSTUWA members

\$80: Non-members

Credit card

All information mandatory

Card no: _____ / _____ / _____ Expiry date: _____ / _____

Cardholder's name: _____

Billing address: _____

Cardholder's signature: _____

Please note

All courses must be paid for in full prior to attending. A 50 per cent cancellation fee will apply where a person cancels within three working days of the course date. The full course fee will be charged where a person cancels on the day of the course or fails to attend. All courses are run subject to minimum booking numbers. Courses will be confirmed at least two weeks prior to course date.

Send completed form to

SSTUWA Education and Training Centre

Fax: (08) 9210 6089

Email: training@sstuwa.org.au

Or register online at sstuwa.org.au