

Professional



Mental Fitness Recharge for Educators

About the course

Educators have faced a myriad of challenges and changes in both work and personal environments, particularly during the past 12 months. In elevating mental health as a priority it is important to ensure we understand how to prevent and minimise potential psychological risks impacting our well-being and get back into balance.

The Mental Fitness Recharge for Educators is a comprehensive and interactive brain balance and mental fitness course. It is designed to facilitate change and improve mental health by assisting to restructure your cognitive and emotional make up. The course will take you through an integrated step-by-step process on how to build your mental fitness and to develop the skills to manage stress, burnout, relationship breakdown, anxiety or depression.

The Mental Fitness Recharge for Educators course is the new generation in mental health and well-being education.

Date

Thursday 15 July 2021

Time

9am-3pm

Cost

Member: Full time: \$200

Member: Part time/relief/student: \$100

Non-member: \$320

Includes morning tea and lunch

Facilitator

Louise Rabbone

Psychologist /Managing Director

The People Catalyst

Nominated Audience

Primary, Secondary and TAFE

Venue

SSTUWA Office

1 West Street

West Perth WA 6005

(08) 9210 6035

Outcomes

During this one-day course participants will:

- Understand the link between how changes in our environment impact our brain, thoughts, emotions, behaviours and overall mental fitness.
- Learn how to take control of your mental health and increase your mental fitness.
- Learn how to implement The People Catalyst structured three step process: - Assess, Awareness and Action to develop, enhance and maintain your mental fitness.
- Be able to identify the appropriate mental fitness support networks and strategies relevant to your circumstances.
- Create your own individualised mental fitness plan.

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 4 - Create and maintain supportive and safe learning environments.

Standard 7 - Engage professionally with colleagues, parents/carers and the community.

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

Mental Fitness Recharge for Educators

Thursday 15 July 2021
9am-3pm

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

Credit card

All information mandatory

Cost (Please tick)

Member: Full time: \$200

Member: Part time/relief/student: \$100

Non-member: \$320

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

Email: training@sstuwa.org.au

Or register online at sstuwa.org.au