

# Professional



# Understanding Behaviour through the Lens of Self-Regulation (Yrs 1-8)

## About the course

This workshop is divided into two sessions. The first half will unpack the science and introduce the Shanker Self-Reg ® framework. The second half is interactive. Please bring your own examples of students presenting with any form of behavioural needs. Pseudonyms to be used for confidentiality purposes.

Self-Reg provides us not just with the "why", but also with the next steps on "the how". How to distinguish between maladaptive and growth-promoting modes of managing stress; between misbehaviour and stress-behaviour; between laziness and processes deep inside the brain that impede learning or effort. And most importantly, what to do about it.

We are amid a scientific change in our understanding of the effects of excessive stress on behaviour, social-emotional development, intelligence, empathy, motivation, and character. The theoretical foundation of the Shanker Self-Reg ® framework rests on these recent advances in neuroscience, physiology, psychology, and clinical practice. "The Shanker Method ® explores, explains, and applies these new insights in a way that benefits every child, youth, adult and senior." Dr Stuart Shanker

## Date

Monday 17 January 2022

## Time

9am 3pm

## Cost

Member: Full time: \$200

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

Non-member: \$300

Includes morning tea and lunch

## Facilitator

Vanessa Kay

Behaviour Management Consultant

SR Global

## Nominated Audience

Educators Years 1-8

## Venue

SSTUWA Office

1 West Street

West Perth WA 6005

(08) 9210 6035

## Outcomes

Morning session

- What is Shanker Self-Reg ® and the science behind it?
- What is stress and how it affects behaviour and mood?

The hierarchy of a stress response

- The difference between stress-behaviour and misbehaviour
- What is up-regulation and down-regulation.
- The importance of Co-regulation and what that looks like.

Afternoon session

- How to profile a student using the Self-Reg lens.
- What is Energy-centred Teaching and how to apply.
- How to sow the seeds of Self-Reg in your classroom and school.
- How to set up micro-environments to help regulate a student and their capacity to self-regulate.
- Self-Care: Identifying your restorative practices and how to apply them.
- How to map your own and other's states using a simple matrix.

## 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 1- Know students and how they learn

Standard 3 - Plan for and implement effective teaching and learning.

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.)

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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: \$300

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