

2018 Aspirant School Leader Forum: (TUT)

Have you recently moved into, or are considering moving into, a new leadership role in your school? This includes roles such as Level 3, CRT, HOD, HOLA, Deputy or union delegate?



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

The SSTUWA is delighted to continue to offer a series of forums designed specifically for new or aspirant leaders during 2018.

Wednesday 22 August 2018

9am – 3pm

Building and Maintaining Your Resilience

Are you looking for an improved ability to manage pressure, stress, change, conflict or crisis? This course will provide skill development for making changes and enhance your leadership skills to help others improve morale and productivity.

Resilience is the ability to adapt well to stress, adversity and major transitions. People who have a resilient disposition are better able to maintain poise and a healthy level of physical and psychological wellness in the face of life's challenges. Individuals who are less resilient are more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression.

Forum Outline:

- What is resilience and why is it so vital?
- Understanding the latest research on resilience.
- Understanding and measuring factors that impact on resilience.
- Self-management and 'stress inoculation' techniques.
- The centrality of resilience in professional and personal wellbeing.
- Developing thought management strategies.
- Self-assessment wheel and identification of early intervention strategies for managing reduced resilience.
- Building resilience through Mindfulness and Meditation
- Concrete strategies for maximising a resilient, optimistic disposition to:
 - Remain calm and enhance wellbeing under pressure;
 - Combat withdrawal and stress responses; and
 - Encouraging rejuvenation.
- Note: All strategies can be applied to personal and professional contexts.



Facilitator: Melanie Fisher(M.Psych)

Melanie is a dynamic and engaging facilitator, coach and therapist who is results focussed. Melanie has contributed to research in the field of executive coaching and is passionate about having the right conversation to help individuals achieve their goals.

Melanie is a provider of inspiring training programs based on cutting-edge best practice providing practical tools to flourish as an individual and a leader.

Nominated Audience

Aspiring or newly appointed Deputies, HODS, Program Coordinators, Level 3, Union delegates, or any other leadership positions in a school.

Venue

SSTUWA Building
1 West Street
West Perth

Cost

\$100 Members \$200 Non members

Refreshments

Morning tea and lunch provided

TRBWA

Teacher Registration Board of Western Australia

Teacher Registration Board of WA
Professional Standards for Teachers in WA/ AITSL
National Standards for Teachers

This training relates to:

- Standard 4 – Create and maintain supportive and safe learning environments.
- Standard 6 – Engage in professional learning.
- Standard 7 – Engage professionally with colleagues, parents/carers and the community.



Given name: _____ **Surname:** _____

Union member **Yes** **No** **Union ID no:** _____

School/workplace: _____

Phone: _____ **Mobile:** _____

Email: _____

Payment method

Payment by school **Yes** **No**

Cheque **Cost**
Payable to: State School Teachers' Union of WA
Post to: PO Box 212, West Perth WA 6872

Credit card
All information mandatory

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

Cardholder's name: _____

Billing address: _____

Cardholder's signature: _____

Trade union training (TUT) leave

Members in schools and TAFE colleges are eligible for five days of paid leave per year to attend trade union training.

To comply with TUT leave requirements applicants must:

- Submit applications to DoE/principal four weeks prior to the event.
- Provide DoE/principal with a printed copy of the course program attached to this form.
- Be nominated by the SSTUWA. See "nominated audience" on the attached course program.

This leave provision covers teacher relief for members attending SSTUWA TUT courses.

For school administration

When processing TUT leave applications:

- Indicate the leave is "Miscellaneous Paid Leave" when completing an application for leave form.
- "Trade Union Training - project code 1471" should be written under leave type.

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.