

Professional



Mindfulness, Resilience and Work-Life Balance (K-TAFE)

About the course

The pressures of the last three years have challenged us in ways we have never anticipated.

This program is designed to assist in the steps required to maintain work life balance and the development of constructive strategies to increase personal resources in times of challenge and stress.

It will explore the central concepts of mindfulness and personal resilience.

Date

Wednesday 6 July 2022

Time

9am - 12.30pm

Cost

Member: Full time: \$180

Member: Part time/relief/student: \$90

Non-member: \$300

Includes morning tea

Facilitator

Ian Crosby

PDT Consultancy

Nominated Audience

Members and Non Members

K- TAFE

Venue

SSTUWA Office

1 West Street

West Perth WA 6005

(08) 9210 6035

Outcomes

Through participation in this session participants will:

- Apply the concepts of proactivity and reactivity to life situations
- Identify their critical life dimensions and goals within these dimensions
- Explore concepts of personal resilience within a developmental model of resilience
- Identify strategies for building resilience

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 2 - Know the content and how to teach it.
- 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.)

Mindfulness, Resilience and Work-Life Balance (K-TAFE)

Wednesday 6 July 2022

9am - 12.30pm

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: \$180☐ Member: Part time/relief/student: \$90☐ 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