



SSTUWA

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

ECE Conference: K-2 (TUT)

Well-being, Workload and Work-life Balance for Early Childhood Teachers

The SSTUWA Early Childhood Educator Conference is an opportunity for early childhood educators within our union to come together. The focus for this conference is to continue to support the well-being of educators in our ECE environments.

The context and the challenges we have all lived through, have had particularly significant impacts on teachers' mental health and wellbeing. The conference speakers will provide top practical strategies and ways to support each other, return balance to life, and to be or stay well. Join your fellow ECE educators for a day of learning and development and ensure all aspects of your life remain in balance.

Opening Keynote Speaker:
Peta Slocombe: Psychologist, Author, Coach, Speaker



Most of our bodies' stress responses were intended for a sprint response. Covid for front line workers has been an ultra-marathon. Peta will talk about how our biology and the personality variables most common to helping professionals,

The context we have all lived through, have had particularly significant impacts on teachers health and wellbeing. We will look at the top practical ways to support each other, return balance to life, and to be or stay well.

Peta Slocombe has presented, published, coached and trained internationally, and has a passion for changing the way we think about and manage wellness at work. Peta was Creator of Australia's Biggest Mental Health Check-in and Co-founder of the One Million Lives initiative.

Featured Speaker:
Kylie Bice: Teacher, Scholar, Consultant, Director-Growing Up Greatness

Their Chaos, My Calm – *Staying well and professional when the behaviour around us is a challenge.*

Teaching is a demanding profession, and as well as being curriculum and assessment specialists, we also need to maintain our professional demeanour when some students, parents and even colleagues may behave in a way that cause us concern, anxiety or ongoing stress.

This workshop explores the causes of disruptive or negative behaviour and works with participants to explore our own triggers, responses and self-management strategies. Participants will learn how to recognise and predict behaviours that are likely to cause us stress, and how to manage our responses to these in the immediate, short-term and long-term as we continue to maintain our wellness in order to be the best educators we can be.

Nominated Audience: Early Childhood Educators K-2

Date: Friday 16 September 2022

Time: 9am – 3.30pm

Venue: SSTUWA Building
1 West Street,
West Perth WA 6005

Cost: \$130 **Members**
\$265 **Non-Members**

Breakout Workshops:

- Mindfulness, Resilience and Work/Life Balance - *Ian Crosby*
- Assertiveness: Getting the Balance Right- *Vanessa Herbert*
- Rights, Entitlements and Your New Agreement - *Cherry Bogunovich and Sharmila Nagar*

Afternoon Keynote Speaker:

David Koutsoukis: BACK BY POPULAR DEMAND

Building Teams that Click- *Why you click with some people and others drive you crazy.*

Quality relationships and great teamwork don't just happen. People need to understand the unique dynamics of their team and know how to bring out the best from the different types of people. Discover the Four Rules of Relationships and learn how to reduce conflict and improve communication in your team.

TEACHERS HEALTH





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: The State School Teachers' Union of W.A. (Inc.)
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 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 principal four weeks prior to the event.
- Provide DoE/principal with a copy of the course registration.
- Be nominated by the SSTUWA under the "nominated audience" for the course.

The school **will not be charged** for the salary of the person attending trade union training - this is covered by the DoE. However, if a **relief teacher** is required, this is funded through the school's one line budget.

For school administration

When processing TUT leave applications:

- Ensure staff attending training have selected **TUT Leave** in HRMIS.
- Project code 1471 will be generated within the payment system.

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.