

# Professional



# Better Well-being Equals Better Teaching and Learning

## About the course

It turns out that the effects of stress on both staff and student brains are the same; and many of the solutions apply to both staff and students equally – often simultaneously!

As teachers use these solutions to improve staff and student well-being, they also drastically improve the ability of our students' brains to learn successfully.

The research is clear; a young person's education is enhanced by teachers having a clear understanding of brain-science - and using this understanding in their daily teaching practice. This is the future of Education.

Tammy-Anne and Todd base this course on brain-science, psychology and eight years of classroom teaching experience in primary and secondary classrooms.

This course will help you to take the stress out of school and turn worry into well-being.

When our brains are in a state of stress, we literally cannot teach - or learn - as effectively as possible. This workshop links to the Australian Student Wellbeing Framework and ACARA's Personal and Social Capabilities.

## Date

Thursday 16 July 2020

## Time

10am - 3pm

## Cost

Member: Full time: \$200

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

Non-member: \$320

Morning tea on arrival and Lunch

## Facilitator

Tammy-Anne Caldwell

Todd Budden

Above and Beyond Education.

## Nominated Audience

Early Childhood, Primary and  
Secondary Teachers

## Venue

SSTUWA Office

1 West Street

West Perth WA 6005

(08) 9210 6035

## Outcomes

What you will Learn

- Exactly what to do and say, to make teaching and learning as enjoyable, easier and effective as possible, while boosting staff and student well-being.
- Exactly how you can help students learn best, by understanding the inherent link between learning and well-being from an Educational Neuro-science and Psychology perspective.
- Exactly how to motivate, excite and engage your students in the learning process.
- How to manage your own stress and improve your own well-being.
- How to minimise student stress and maximise student well-being.
- How to improve student behaviour and enjoy time in the classroom.
- Ways to create more engaging lessons and improve student learning outcomes.

## 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

Standard 3

Standard 5

Standard 7

Standard 2

Standard 4

Standard 6

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

# Better Well-being Equals Better Teaching and Learning

Thursday 16 July 2020

10am - 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: \_\_\_\_\_ / \_\_\_\_\_

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**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](mailto:training@sstuwa.org.au)**Or register online at [sstuwa.org.au](http://sstuwa.org.au)**