

## Make it matter: Prioritise the mental health and wellbeing of you and your team

This conference will focus on supporting the mental health and wellbeing of all educational professionals. It will explore the importance of:

- creating an environment where there is open discussion
- recognising the challenges that impact education professionals to be their best selves
- how these issues can be successfully addressed.

This NESA approved conference will contribute 5 hours of NESA registered PD addressing 6.2.2 and 7.4.2 from the Australian Professional Standards for teachers towards maintaining Proficient Teacher Accreditation in NSW. It is suitable for principals, deputy principals, directors, educators, teachers, support workers and other professionals who work with children and young people.

**Speaker:** Heather Irvine-Rundle, clinical psychologist and director of the READ Clinic

**Topics:** 1. When wellbeing takes a nose dive 2. Pulling it all together

### When wellbeing takes a nose dive

In this session we will discuss and identify the signs of significant deterioration in wellbeing function and how they might present in your educational setting. Together we will focus on assisting teachers and educators to identify more serious signs of burnout, anxiety, depression and adjustment disorder.

Participants will leave with a better understanding of the types of disorders that may manifest in stressful settings and to better appreciate the need for early intervention and seeking appropriate treatment.

### Pulling it all together

In the final session, we will draw together psychological, social and biological models to best enhance teacher and educator wellbeing and resilience.

This presentation will incorporate the components learned in the previous session 'when wellbeing takes a nose dive', with additional psychological models. This will ensure participants will leave with an overall model, as well as specific techniques to handle both acute and chronic stress within their educational setting, teams and personal lives.

**Speaker:** Daniela Falecki, teacher, founding director of Teacher Wellbeing and educational psychology lecturer at Western Sydney University

**Topic:** Teacher wellbeing – practical ways to move beyond stress and the inner critic

With an increase in administration tasks, meetings and accountability, while focusing on children and young people with complex needs, teachers, educators and support workers are struggling. While research informs practice when it comes to student wellbeing, what about teacher wellbeing?

During this session and through a positive psychology lens, we will explore the five dimensions of wellbeing to identify evidence-based teacher and educator wellbeing initiatives that go beyond weekly morning teas. We will explore how to build healthy routines where we not only feel good but can recognise and celebrate the hard work we put in each day. Participants will leave this session with a greater understanding of practical ways to support your own wellbeing, as well as that of your colleagues.



## Event details

**Date:** Friday, 31 July 2020

**Time:** 9:15am – 3pm

**Price:** \$230 including GST

**Location:** Ryde-Eastwood Leagues Club, 117 Ryedale Road, West Ryde, NSW (free on-site parking)

**Book tickets:** [www.committedtochildcareconferences.com/sydney-july-2020](http://www.committedtochildcareconferences.com/sydney-july-2020)

## Contact us

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