

Mindful Amygdala

Managing Workplace Stressors

Background

In response to the challenging nature of 2020, continuing into 2021, as well as referencing Professor Phil Riley's latest report, Mindful Meditation Australia (MMA) is offering to fund professional development training for up to 100 school leaders across WA during 2021. This is valued at \$300 per participant.

"Mindful Amygdala" was developed in partnership with the Western Australian Primary Principals' Association, and piloted in 2019 with positive results.

This offer is extended to Principals and Deputy Principals in Government, Independent and Catholic schools located across metropolitan, regional, rural and remote WA locations. If uptake is successful, MMA will continue to fund and roll out this training opportunity to a further 100 school leaders in 2022.



"Healthy stress motivates, unhealthy stress debilitates"

Workshop Information

A comprehensive full-day workshop where leaders take a deep dive into recognising the impact of stress personally and across their organisations. The session includes different mindfulness techniques to manage personal and workplace stress, with time to create personal and professional stress management plans. The workshop is hands-on, interactive, science-based and practical.

- **The workshop will be delivered by two of MMA's dedicated trainers**
- **Each session will be fully catered, and all session materials will be provided**

Workshop Agenda

Personal and professional stress audit

An introduction to the science of stress, and practice of mindfulness and meditation

Mindfulness techniques, activities and tools for personal and professional use

A tailored stress management plan for leaders and their organisations

Ongoing Support

- Follow-up sessions to be booked at a later date
- Buddy system put in place for ongoing support



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Proposed Dates for 2021

One-day Workshop - attend any one of the following dates:

Thursday 5 August 2021 (Term 3 Week 3) - Metro
Wednesday 15 September 2021 (Term 3 Week 9) - Metro

Dates for regional centres to be announced.

Contact us if you would like to attend a workshop outside of these dates.

Follow-Up For All Groups

September, October (to be decided)

Logistics

- ✓ Each session will be capped at 25 school leaders
- ✓ Training is free to participants, if participants register and do not attend, they will be liable to pay a (\$50) catering fee
- ✓ Up to three leaders can attend from each school
- ✓ Depending upon numbers interested:
 - 2 workshops will be held in metropolitan area locations
 - 3 workshops will be held in regional/rural locations across the state
- ✓ The training will be delivered by two of MMA's dedicated trainers
- ✓ Travel and accommodation, as required, would be the responsibility of individual participants.

Who is MMA and Why Can We Make A Difference?

Mindful Meditation Australia is a philanthropically funded not-for-profit organisation with a primary focus on encouraging better mental health, stress management strategies and improving the wellbeing and happiness of people in our community.

MMA achieves its focus by delivering evidence-based mindfulness training courses to Western Australian educators, families, organisations and businesses.



**MMA's
research-based
training has been
delivered to over
3,700 educators
with an evaluated
student reach of
17,000**

The Australian Principal Occupational Health, Safety & Wellbeing Survey 2019

Recommendation 12 (p9): (school leaders must) *Take responsibility for your personal work-life balance. Only you can know what is reasonable for your long-term health and wellbeing. It is therefore incumbent on the individual to find and maintain a healthy work-life balance.*

Strategy A (p10): *Improving the wellbeing of school leaders through professional support School leaders mostly learn how to deal with the demanding emotional aspects of their roles from experience, rather than through systematic preparation. In other emotional demanding professions, such as psychology and social work, high levels of professional support and debriefing are standard procedure. This is not so in education. As a result, the average school leaders' wellbeing is less optimal than the average citizen.*

https://www.principalhealth.org/au/reports/2019_AU_Final_Report.pdf

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