



Growing Up Greatness

Creating schools and classrooms that meet the diverse learning needs of all students.



Staff Health and Wellbeing

Monday 14 August 2017

3.45pm – 5.15pm (sign-in from 3.30pm)

Makybe Rise Primary School, Makybe Drive, Baldvis

Staff who are physically and mentally healthy make great leaders, teachers and support workers, yet health and wellbeing is often low on the list of priorities for many in education. In this introductory session we will explore the core elements of wellbeing and how to include strategies to gain and maintain health in your everyday life both at work and at home. Having an understanding of the brain, how it works and the impact on our physical and mental wellbeing is vital in putting those strategies into place, so we will begin to explore the basic mechanics of the brain and our physical being. These strategies will include some practical daily techniques and mindful practices to increase your wellbeing.

Michelle Bishop is an experienced **Education Consultant**, working with teachers and school leaders to support students in the areas of disabilities, learning difficulties, differentiation, social emotional learning, and behaviour. She specialises in staff wellbeing, providing specialist support to set practical and long term goals for individual and whole staff wellbeing, and has worked with students with a diverse range of needs in Primary and Secondary settings. Michelle is an experienced and knowledgeable presenter who has provided professional learning to a wide range of audiences, at schools, seminars and conferences.



Cost: \$65 per person OR \$290 for a group of 5.

Afternoon tea provided.

To register for this event, go to <https://www.stickytickets.com.au/53875>



Growing Up Greatness has a deliberate aim to identify and build intentional, transparent and research-based quality teaching in every classroom. Context-specific, strategic, whole-school review & planning to include and create opportunities for students of all learning needs and abilities in every classroom and context. Services can be customised to suit the needs and context of your school, organisation, classrooms, students, strategic goals and educational philosophy. For more information about **Growing Up Greatness**, please go to www.growingupgreatness.com.

Please contact Michelle Bishop at mbishop@growingupgreatness.com or 0407 198 786 if you have questions about this event or to negotiate a price for groups larger than 10.

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