



TEACHER SEMINAR

WEDNESDAY, 18TH MARCH 2020

Melbourne Convention & Exhibition Centre

The Resilience Project delivers emotionally engaging programs to schools, elite and community sports clubs and businesses, providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

We are excited to invite you to our Teacher Seminar!

The seminar is open to all early childhood, primary and secondary teachers and will provide practical activities and strategies to:

Develop **positive mental health habits** and build resilience.
Build **resilience in your students** through simple daily activities.
Help **parents to support** their children to become more resilient.

HOW TO REGISTER

The cost of the seminar is \$195 per person.

In addition to the three highly engaging presentations, you will be provided with morning tea and lunch.

To register a place please click on the following link:

<https://www.ticketebo.com.au/the-resilience-project/the-resilience-project-teacher-seminar-2020.html>

Register early to ensure you don't miss out as we only have a limited number of spots available!

SEMINAR OVERVIEW

The seminar will incorporate **three sessions** and provide you with an opportunity to hear from a number of highly engaging presenters.



Session One

DISCOVERING RESILIENCE

10am - 11.15am

Hugh Van Cuylenburg *The Resilience Project Founder*

The 'Discovering Resilience' presentation addresses how to focus on providing practical strategies to build resilience and develop positive mental health in an education environment.

Morning Tea 11:15am - 11:45pm



Session Two

THE RESILIENCE PROJECT IN YOUR CLASSROOM

Lesson activities and ideas

11:45pm - 1:15pm

Belinda Galloway *Education Manager*

Antony Keely *School Programs Manager*

We understand how busy life is as a teacher! The Teacher Wellbeing Workshop will provide strategies to look after yourself and support you to create a self care plan which is linked to the program pillars of Gratitude, Empathy and Mindfulness.

In addition you will be involved in a number of practical learning activities and will be provided with some great games, ideas and resources that you can take into your classroom.

Lunch 1:15pm - 2pm



Session Three

LEADING RESILIENCE IN YOUR COMMUNITY

2:15pm - 3:30pm

Martin Heppell *The Resilience Project Partner & Presenter*

Developing consistent habits is key to our mental health. Modelling these can have a huge impact on your students and wider school community. We will share with you how you can implement these strategies into your everyday life to help those you work closely with to be happy and mentally healthy.

Day concludes 3:45pm