

# ENERGY & WELLBEING FOR TEACHERS

## How to Help Your Teachers Stay Healthy & Happy

### Course Overview:

Effective teachers need high-levels of energy, drive and enthusiasm, along with a sense of physical, emotional and mental wellbeing. Based on the latest cognitive and behavioural research, you and your team will learn how to maximise your energy, drive, enthusiasm and sense of wellbeing at school and at home.

You will learn a range of practical and effective tools, techniques and tips including how to: create the right workhome environment and social network; have a balanced diet; improve your sleep; relax properly; exercise effectively; maintain a positive mental attitude and growth mindset, and set worthwhile goals - all ingredients of a vibrant, effective, happy and healthy life both at school and at home.

### This course will show you:

- How to understand what boosts energy and depletes it so we can focus on maximising energy levels throughout the day
- How your emotions are affected by energy levels and how to move from a 'burnt-out' to 'performing' state by building resilience and becoming more assertive
- How to balance home and work life more effectively
- How to monitor your health, diet and sleep to increase productivity at work
- How to build strong relationships at school and at home to increase your wellbeing
- How to choose, set and achieve worthwhile goals – what you want to be, do and have at school and at home.



“Inspired to reconsider future aspirations.”

“Today has been a hugely valuable day – thank you!”

