

# A Holistic look at Wellbeing: Balancing Career & Life

This workshop will provide professionals with an overview of skills, research, tools and tangible aspects of wellbeing to assist them in becoming aware of impacts on their wellbeing and so the wellbeing of those around them, in association to their interactions and so workplace.

## NESA REGISTERED PROFESSIONAL DEVELOPMENT

Completing this course will contribute hours 1.2.2, 3.5.2, 4.1.2 &/or 6.3.2 of NESA Registered PD addressing from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW depending on program duration & content.



At the completion of the workshop attendees will understand their personal wellbeing, developed knowledge to support positive wellbeing. They will have reviewed their lives in relation to elements of wellbeing and engaged in discussion to support their personal development in recognising positive interactions, engagement in their lives, constructive relationships, meaningful existence and so the ability to achieve success in their day.

### 1. Understanding Wellbeing

- Defining wellbeing through leading positive psychology frameworks
- Benefits of positivity in everyday life
- Conducting a personal audit on the five elements of wellbeing

### 2. Wellbeing in the Workplace

- Evidence around engagement in the workplace
- Common beliefs and concerns for professionals
- Success through maximizing wellbeing in professional aspects
- Adam Grant 's Give and Take Theory

### 3. Wellbeing & Relationships

- Considering the impact of relationships within all aspects of your life and so the flow on within your wellbeing we evaluate choice and response

### 4. Wellbeing in Action

- Reflecting on ways to integrate the principles of wellbeing into activities
- Problem solving to enhance wellbeing at work
- Setting action oriented goals to identify areas to develop



*"The presenters of Turning Point Consulting are highly knowledgeable as they provided me with valuable and logical insights on a range of topics, backed by recent research findings. Using their vast knowledge and experience, they were able to present and differentiate the contents to cater for the needs of the audience"*

**Vincent, Teacher, Moorebank High School**



**Attendees:** Professionals across all sectors, K-12 Educators, Highly Accomplished Teachers, Executives, Principals and School Directors

Please refer to the website for an updated list of dates, locations and session times

**Cost:** Available on request

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