

# Wellbeing: Positive Coping Strategies

Reflecting on both positive and negative aspects, we aim to identify strategies for attendees to utilise in their lives to deliver constructive paths of response, action and improvement to better cope with the transition and their world. We will consolidate discussions through identifying potential blocks or issues and subsequent solutions to support positive framework.

## NESA REGISTERED PROFESSIONAL DEVELOPMENT

Completing this course will contribute 2 hours of NESA Registered PD addressing 6.3.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



*Turning Point Consulting*

Recognising demands and challenges to our professional and personal lives through change, external pressures and people, we will engage in discussion around what provides impacts on our days and mental fitness, reflecting on both positive and negative aspects with the aim of identifying strategies for attendees to utilise in their lives to deliver constructive paths of response, action and improvement to assist them in better coping with the altering pressures on their days.

Through shared stories, activities and examples we will discuss the psychology of positivity and emotional response, reflecting on personal reactions to current and anticipated expectations. Through recognition of change as part of our personal and professional lives we look at responses to change from a behavioural and emotional standpoint. We will consolidate discussions through identification of potential blocks or issues and so solutions to support positive framework which will include the creation of a "go-to" list of responses, actions or support to potential stress or anxiety with the pressures.

Attendees will be able to then focus on the people around them, managing their reactions and behaviours as well as creating a positive environment and support network.

*Available as individual consultation or as staff PD*



*"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:** K-12 Educators, Highly Accomplished Teachers, Executives, Principals and School Directors

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

**Cost:** \$100 plus GST for individual sessions, contact us for group charges

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