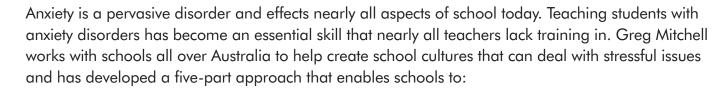


Primary & High School Teachers & Well-Being Committee Members
Presented by **Greg Mitchell** 



- Create safe emotional classroom environments
- Empower resilient relationships and peer support
- Design better approaches to problem solving and cooperation
- Teaching and learning that enables positive risk taking
- Plans which help anxious students design positive responses to daily challenges and better goals for brighter futures.

This workshop abounds with practical strategies, useful insights, humour, compassion and buckets of common-sense including:

- How to counsel students in panic mode
- How to move students in deep defence lock down
- How to anticipate problems and teach students to deal with their inner critic
- How to deal with our own anxieties and provide the template for honest discussions about fear, image and reality

Tuesday 30 June 2020 Waterview Convention Centre, Homebush, Sydney NSW



Completing 'Anticipating Anxiety' will contribute 5 hours of NSW Education Standards Authority (NESA) Registered PD addressing 4.1.2, 4.2.2, 4.3.2, 4.4.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

Testimonial: I highly recommend Greg for his ability to engage, his professionalism, the research into the content he presents and his downright awesomeness

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