



# TEACHER WELL-BEING - PATHWAYS TO PEACE

A Seminar for Primary & High School Teachers, Leadership & Well-Being Teams & Support Staff. Presented by **Alison Crofton**



Generate peace in your life, in the classroom and beyond. Come away feeling empowered to pursue your own personal pathway to peace, bliss, joy, good health and well-being.

This seminar will set you up with tools and ideas that will allow you to embark on a journey of instilling peace in every aspect of your life. Wherever you are on your pathway to peace this seminar will set you up to take the next step and it will explore ways to keep you motivated, supported and inspired on your journey.

During the seminar you will:

- Learn about meditation, mindfulness, mindset and various areas of positive psychology which can be applied to your own life and in the classroom.
- Have personal time to explore and experience resources with like-minded colleagues.
- Experience several meditations run by the course facilitator
- Learn about the negative effects of stress on the body and strategies that you can begin to use straight away to combat these effects.
- Discover how simple techniques and strategies will allow less stress in your life even if the circumstances stay the same.
- Become aware of how you can build better health and well-being for yourself which will positively impact those around you and your class.

Thursday 28 May 2020  
Eden Gardens, Macquarie Park NSW



**ENROL ON-LINE IMMEDIATELY TO GUARANTEE YOUR PLACE!**



**TO ENROL** Visit [www.dynamiclearninggroup.com.au](http://www.dynamiclearninggroup.com.au)

**CONFIRMATION** Your enrolment will be confirmed via email

**SEMINAR FEE** \$270 per person (incl. gst, morning tea, lunch, handouts and certificate).

**SEMINAR PROGRAM** Registration 8.30am – 9.00am Seminar 9.00am – 3.00pm

**CANCELLATION** Please visit our website for our cancellation policy.

Visit [www.dynamiclearninggroup.com.au](http://www.dynamiclearninggroup.com.au) to view our complete range of exciting seminars!

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