

Stress busting

Teacher inset training outline



VisionWorks teaching programmes equip young people with the self-awareness and skills to make more positive choices about their learning.

Completely aligned with SEAL, our programmes are written by teachers for teachers and based on the same 5 key domains of Emotional Intelligence. Teaching students to recognise how their behaviour is driven by their emotions, we show them how to exercise the power of positive choice in that process.

My World	emotional literacy for KS2
It's OK Being Me	emotional literacy for KS3
Discovering Me	emotional literacy for units outside mainstream education
Insight Series	short programmes for KS3

Available from:

www.vision-works.net

01249 409001

info@vision-works.net

Teacher Inset Training

Stress Busting: the causes and cures for frontline teachers



Work-related stress for teachers and managers is the main health and safety concern in four out of five UK schools. If unaddressed, stress can lead progressively to a decrease in performance, health injury and long-term absence from work. This training looks beyond concerns about the workload and ‘coping strategies’ to explore the deeper causes and cures which are associated with our happiness and sense of purpose.

Aims of the day:

1. To introduce the main principles of “Emotional Intelligence”
2. To see how an understanding of EI can help in understanding the causes of stress
3. To help us to be aware of our own emotions and the effect of our emotional state of mind on our performance as teachers
4. To help us to be aware of our own emotions and the effect of our emotional state of mind on the teams of which we are a part

The day addresses:

- Stress and Emotional Healthcheck – be as honest as you can
- Emotional Intelligence – What is it?
- How does it help living, learning and behaviour? – flexibility, resilience, creativity, problem-solving
- Why is it important for teachers? – statistics and personal experience of burnout
- Roles – a key to understanding exhaustion and burnout
- Relating – in the classroom and the staffroom
- Great Minds do Not Think Alike. Exercise – projection or extending
- 10 ways to a happy life

We are interested in emotional well-being; that's where partnership and success lie. We present some of the deeper principles of how to be happier, and experience these ideas in group and pair exercises. Some of these principles turn much of our present understanding on its head. But they also give us power because once we see what we can contribute then things do change for the better – we find meaning in our jobs, and in our lives.

Outcomes for teachers:

- Draw creatively on experience to address personal stress-related issues
- Apply theory critically to analyse their professional experience
- Use a self-reflective approach to devising, developing and delivering emotionally intelligent classrooms and supporting students
- Use a self-reflective approach to developing emotionally intelligent teams and supporting colleagues

Outcomes for schools:

- Address core themes of Every Child Matters (Make a positive contribution) and Healthy Schools initiatives (Emotional Health and Wellbeing).
- Support staff in stress reduction to enable the overall success of the learning environment.