

CREATE YOUR OWN PROFESSIONAL LEARNING

Customising Professional Learning Workshops:

Use this workshop information sheet to tailor professional development workshops that align with your unique needs.

By evaluating the current challenges and priorities within staff—whether it's stress management, confidence-building, or workload prioritisation—you can select workshops that address specific areas for growth.

This flexible approach ensures the professional learning is relevant, impactful, and directly supports the well-being and development of all participants.

All individual workshops run for approx 1hr and can be combined to form single, half or full day professional learning.

Contact our support team for more information regarding price, time and bookings information at info@guidedgrowthcoaching.com.au

Mental Resilience	DESCRIPTION- 1-2HRS
Workshop + <u>Ice Bath</u> <u>Experience</u>	Join our Mental Resilience and Ice Bath Workshop designed for teachers looking to build resilience against stress and burnout . Experience the exhilarating challenge of an ice bath, a powerful method for enhancing mental toughness and emotional well-being . Learn effective techniques to manage classroom pressures and cultivate a positive mindset, all while engaging in a thrilling, community-driven experience . Embrace the cold and emerge empowered!

Mindfulness	DESCRIPTION
<u>Meditation</u> Workshop	Join our Meditation and Mindfulness Workshop designed to help teachers and students alleviate stress and enhance focus . Explore practical techniques to cultivate calmness amidst the chaos of daily classroom demands. Discover how mindfulness can improve well-being, boost resilience , and create a more positive learning environment . Take a moment for yourself and transform your teaching experience!

Chaos to Calm	DESCRIPTION
<u>Overwhelm</u> Workshop	Join our Overwhelm Workshop to conquer stress and regain control . Discover three essential pillars of organisation and prioritisation to tackle overwhelming workloads. Learn practical strategies to streamline tasks, manage time effectively, and achieve balance in your teaching . Say goodbye to overwhelm and hello to clarity!

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CHANGE YOUR STATE-	DESCRIPTION
Confidence and letting go of your day	Equip yourself to tackle anxiety and self-doubt in your classroom with our Confidence Workshop. Learn effective strategies to foster unshakeable confidence, manage stress, and let go of the day's challenges. Through storytelling and interactive activities, you'll uncover the key influences on mindset, physiology, and behaviour , empowering you to create a supportive learning environment.

Yin Toga workshop	DESCRIPTION
	Yin Yoga is a nurturing and gentle style of yoga where we go within, finding stillness in mind and body. Holding poses for 3-5 minutes each, allows us to access the deeper layers of our fascia, creating space for hydration and energy flow. After a session we experience a sense of peace, calmness and better focus and freedom of movement. Sessions can be tailored to compliment any workshop and run for approx 1-1.5hrs.

The 6-Phase Transformation	DESCRIPTION
	<p>Discover the power of the 6-Phase Meditation designed to guide you through a comprehensive journey of self-discovery and transformation.</p> <p>In this workshop, you'll explore:</p> <ol style="list-style-type: none"> 1. Gratitude: Cultivate appreciation for the present moment and your life experiences. 2. Forgiveness: Release past grievances and emotional burdens to foster healing. 3. Your perfect day: Create a vivid mental image of your desired outcomes, enhancing motivation and focus. 4. Vision for your future: Define clear, actionable goals aligned with your vision. 5. Feeling supported/the blessing: Strengthen your sense of self-worth and confidence that you are supported. 6. Compassion: Expand your compassion by sending positive energy to yourself and others

Yoga energy work:	DESCRIPTION
	Chakras are nergy centres within our body. The energy flow can be affected by people, experiences and challenges in life, causing imbalance. When this happens, we can expeirence confusion, anxiety, depression and disease within the mind and body. During this workshop, we will run through each of the main energy centres. You can tools to assist in keeping your chakras balanced, finsihing with cleansing chakra meditation.

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<p><u>Trauma Informed</u> <u>Breathwork</u> <u>Coming in 2025..</u></p>	<p>DESCRIPTION</p> <p>Breathwork workshops are launching in 2025. We will learn the benefits of conscious breathing and the tools to release stress, anxiety, and release trauma in a safe and nurtured environment, with qualified facilitators. Depending on your needs, we can cater workshops to include breathwork learning, provide practical tools for nervous system regulation and also breathwork sessions, facilitated by qualified instructors.</p>
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<p><u>Tutoring and</u> <u>Homework Clubs</u></p>	<p>DESCRIPTION</p> <p>For students cant make it or afford private tutoring sessions, Guided Growth coaching will send someone to you. We provide coaching and academic support for students, with data driven programs that are proven to work. Ask about our transition to high school and k-2 phonics programs.</p>
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