

# The resilient teacher webinar: Finding the balance and the importance of mental health and wellbeing.

This webinar will focus on the importance of your mental health and wellbeing. It will support you to take a proactive and preventive approach towards your own mental health and wellbeing and guide you to assist others by creating a supportive environment for you and your team.

Teachers, educators, and support workers who work with children and young people every day often experience compassion fatigue and burnout, with the teaching profession being reported as one of the most stressful occupations.

This webinar will assist you to:

- recognise the signs of burnout and fatigue
- respectfully set boundaries that protect your own wellbeing in both your personal and work environments
- work through unprecedented times, including the COVID-19 pandemic and home learning
- implement and create health and wellbeing practices
- understand how to be at your healthiest
- build on your emotional resilience
- deal with stress and stay centred when feeling overwhelmed
- set and remain focused on goals that will improve your wellbeing
- create a supportive community within your work and home setting.

## Who is it suitable for?

It is suitable for early childhood, primary and high school teachers, educators, support works and other professionals who work with children and young people.

This conference will contribute 2 hours of elective PD towards 6.2 and 7.4 of the Australian Professional Standards for Teachers.

## Privacy

Your privacy is our priority. Your username during the webinar will not include your surname.

## Event details

**Date:** Thursday, 16 June 2022.

**Time:** 6:30pm to 8:30pm AEST.

**Price:** \$75 per person, including GST.

**Speaker:** Heather Irvine-Rundle, clinical psychologist and director of The Read Clinic.

**Location:** Online webinar. Registered guests will receive an email with webinar details the week of the presentation.

**Book tickets:** <https://committedtochildcareconferences.com/the-resilient-teacher-webinar-june-2022>