

Taking the Stress out of Writing Reports

Interactive Workshop for Teachers

Workshop Overview

Teaching is a juggling act: parent-teacher relationships, students with special needs, extra-curricular activities, Departmental deadlines, constant change... When you add the pressure of planning, writing and editing reports it's not surprising that teachers can find report writing time a challenge.

Given that reports are an unavoidable part of teaching life, is there a way to help your staff more effectively manage the challenges they face? The good news is that the answer is YES!

Taking the Stress out of Writing Reports is a skills-based, interactive workshop for teachers. Your staff will learn simple techniques to:

- Identify their stress triggers around the report writing process
- Balance their nervous system to build stress resilience
- Keep their minds on the job and get more done in less time, and
- Integrate the techniques into their report writing schedule.

Workshop materials include session notes and an mp3 audio file of the techniques practiced during the session - ideal for downloading straight onto your iPod, computer or phone.

About the Facilitator



Will Shacklock

Will Shacklock is the managing partner of Melbourne-based stress management consultancy Learn to Relax. A dynamic and engaging speaker, Will specialises in delivering presentations, workshops and training programs to teachers and students in Victorian schools.

"Stress management techniques are really simple" says Will. "The challenge lies in putting them into practice. When we practice regularly and consistently we feel more balanced, calm and focused, even in 'stressful' situations."

In the mid-2000's Will spent two years studying and teaching at yoga and meditation retreats in Australia and India. His insights into the nature of the human mind enable him to guide his clients towards increased clarity, confidence and self-awareness.

Will includes practical techniques in every session, and empowers his clients to overcome their limiting beliefs and fulfil their potential.

Fees & further information

One-hour workshop: \$280 + GST. 90-minute workshop: \$380 + GST. Fees include all printed materials and digital media. Workshop numbers unlimited. Where space permits, workshops may include lying-down deep-relaxation practices. For bookings please contact Will Shacklock at Learn to Relax on 1300 258 188 or email will@learntorelax.com.au

Did You Know?

Teaching consistently ranks in the top five most stressful jobs (right up there with cardiac surgery and air-traffic control).

