



MINISTRY OF EDUCATION ON-SITE TRAINING OPTIONS

The Ministry of Education has extended funding of all Employee Assistance Programmes (EAP) services to schools in regions throughout New Zealand affected by recent and or ongoing earthquakes.

This EAP support includes group training sessions for teaching and support staff, as well as one-on-one confidential counselling support for all boards of trustees, teaching and support staff, and their immediate family members. These group training sessions can be delivered either onsite at the school or offsite if preferred.

Send all requests and enquiries to Trace Church by email, trace.church@eapservices.co.nz or phone 03 348 0856.

BUILDING RESILIENCE TO STRESS

The degree of stress we undergo through events that bring radical change can deprive us of our sense of resilience.

How we interpret and respond to stressful events will determine directly the level of psychological and emotional impact experienced.

Participants at this interactive workshop will be invited to take part in dynamic processes to recognise and restore connection to this essential human strength.

PUTTING POSITIVE PSYCHOLOGY INTO PRACTICE

This session looks at the latest research from the field of positive psychology and how we can use this information to boost our mental wellbeing.

What do the latest studies suggest we need to be truly happy? Can the PERMA model (Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments) help bring our focus to the positives and onto solutions rather than towards the negative which is our natural propensity as human beings?

We will also consider our ability to broaden and build positive emotions and learn ways to be more optimistic and build hope.

FATIGUE AND SLEEP

Sleep is a crucial building block for wellbeing and a key pillar of health, but its importance is frequently overlooked. Many people have issues with a lack of energy and motivation, and many report symptoms of insomnia. Poor sleep quality can significantly affect work performance due to poor concentration and memory.

In addition to providing information on good sleep habits and fatigue management, it will debunk some common sleep myths and provide an opportunity for practising relaxation techniques (visualisation and deep breathing) which can greatly enhance sleep quality.

BUILDING HEALTHY RELATIONSHIPS

It is well known that people learn in affirmative environments, hence making an affirmative family and workplace environment is important to enable people to give of their best at all times. Understanding your own personality and the way you interact with others is a constructive way towards building positive relationships.

This group training provides an understanding of what it takes to develop a relationship and assists participants with the tools to build and keep their relationships positive.

MINDFULNESS

Being in the moment and noticing the here and now have been shown to boost our mental health, productivity and happiness. Mindfulness practice has been proven to significantly reduce stress, anxiety and depression. This session will look briefly at the evidence behind this practice and discuss techniques for using mindfulness in our everyday lives. It will then provide opportunities for participants to have a go practising mindfulness themselves.

The session will include a mindful breathing and eating practice. For those of you who are not keen on the idea of 'meditation', rest assured this is only one element of mindfulness and you won't be practising it in this session. We will be discussing and practising some of the wonderfully simple mindfulness practices we can incorporate easily into our daily lives to dramatically improve our wellbeing.

MANAGING YOUR MONEY

This group training covers the principles of planning your finances and the key areas of money management.

Our financial advisor will cover such topics as: budgeting, debts and mortgages, bank accounts, cash management, and keeping records.

BUILDING A POSITIVE WORKPLACE CULTURE

Workplace culture is defined as the values and behaviours that determine the "personality" of your school. Whilst workplace culture needs to be led and role-modelled from the top, the reality is that much of the true power rests with the individual employees.

Ensuring that your school has a positive and strong workplace culture is the responsibility of everyone. The aim of this group training is to help everyone collectively work towards building the culture that the school is wanting to achieve.

WORK/LIFE BALANCE

Our life roles need to be in harmony with our values – the values that shape our lives and that we hold close.

To create a sense of harmony in all aspects of our paid work and private lives, participants in this group training will define the roles they play and define their values more clearly so that they can achieve a greater understanding of how to obtain work-life balance.

COPING IN TIMES OF CHANGE AND UNCERTAINTY

Change is a guaranteed part of life.

This session will invite participants to express, navigate and effect change pro-actively.

Emphasis will be on sharpening the participants' focus on expression, transition and opportunity, in order to stimulate the innate adaptation skills that accompany transformation.

THE FIVE WAYS TO WELLBEING

Scientists have concluded that there are 5 key ways to keep our mental health flourishing.

In this session participants will learn about these 5 ways to wellbeing - connect, be active, give, keep learning and take notice. Participants will have the opportunity to assess how they are doing currently in each of these areas.

Simple strategies will then be discussed on how to introduce the ways to wellbeing into everyday life in order to reap the associated benefits.

FINANCE MATTERS

This group training covers understanding the 'big picture' in your life.

Our financial advisor will cover such topics as: risk management, mortgage planning, estate planning and planning for retirement.

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to perceive, control and evaluate emotions.

People who possess higher emotional intelligence (EI) levels have been shown to be healthier, more productive at work, have more positive relationships, manage their impulses better, communicate more effectively, and deal more efficiently with difficult situations. Key learning from this session include: self awareness, self-regulation, motivation, empathy building, keeping calm under pressure, developing flexible optimism and learning to adapt thought patterns.