

# TEACHERS' STRESS MANAGEMENT TRAINING

*Improving mental health and wellbeing of  
Primary, Secondary, and Early Childhood teachers*

- WITH SHIRLEY PASTIROFF -

According to research, teaching is among the top three most stressful occupations. Stress is becoming an increasing problem in the education sector, a problem with far-reaching consequences.

Research shows many teachers suffer from stress related issues including:\*

- » Health problems
- » Mental health issues
- » Poor job satisfaction

As a result schools will be impacted by teachers' stress through:

- » Negative impact on teaching and learning outcomes
- » Increased sick leave
- » Increasing turnover rates

## MINDFULNESS – THE SIMPLE SOLUTION

The Renew Your Mind teacher training is a simple, low cost intervention that trains teachers in practical tools to manage stress and improve their mental health and resilience. This reduces the risks of stress and improves health, mental health and wellbeing.

[BOOK NOW](#)

[info@renewyourmind.co.nz](mailto:info@renewyourmind.co.nz)

\*sources: <http://www.lancaster.ac.uk/lums/people/cary-cooper> and National Union of Teachers stress survey



*Shirley guiding teachers through a training session.*

Education centres can create a custom made training by choosing between the sessions outlined below. Each session can be from 45 minutes to 2 hours, depending on the centre's preference, and can be spread out over several days or combined and taught in one day.

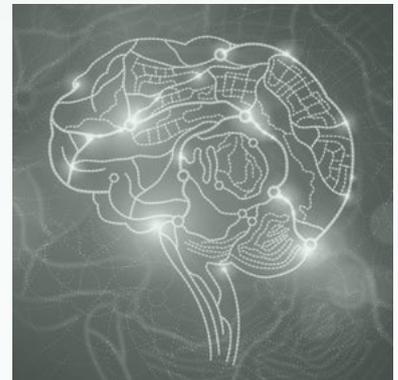
Senior Leadership Session is an optional addition to the training.

## **SESSION 1. THE BRAIN AND STRESS REDUCTION**

A revelatory session introducing the powerful impact stress has on the brain, followed by transformative techniques to reduce stress no matter how demanding the external pressures are. A must-do workshop for all educators and staff facing the intensity of today's teaching environment.

Teachers will leave the session with:

- » More insight into how the brain works
- » 3 short stress reduction techniques
- » Practical strategies on how to reduce stress in everyday work life



## **SESSION 2. LEADING WITH CALM**

A follow up to session one exploring the impact emotions have on everyday classroom expectations and management. Includes a simple but powerful technique to process emotions, so that educators and managers can move from reactive to responsive.

Teachers will leave the session with:

- » A different perspective on emotions
- » A powerful brain training technique that reduces stress and calms emotions
- » Practical strategies on how to lead with calm even when under pressure



## SESSION 3. EFFECTIVELY DEALING WITH CHALLENGING STUDENTS AND PARENTS

Drawing on sessions 1 and 2 this session recognises the role educators play in managing the difficult emotions of others - both students and parents. This session teaches emotion recognition and empathy, whilst also moving quickly to either solutions or boundaries.

Teachers will leave the session with:

- » New insight into the brain processes behind effective communication
- » A powerful communication technique that helps teachers lead with calm when dealing with difficult students or parents
- » Practical strategies that improve communication effectiveness and reduce emotional strain on teachers



### SENIOR LEADERSHIP SESSION

The senior leadership session is an opportunity to discuss the Renew Your Mind mental health and resilience techniques and how they can be implemented on current challenges and areas for development. During this fully confidential session Shirley will share how the material can lead to cultural change and structural improvement of the wellbeing and mental health of the teachers.

Leadership will leave the session with:

- » Insight into how they can reduce the experience of stress for their staff
- » How to best support teachers who struggle
- » How to spearhead cultural change that empowers teachers' mental health and wellbeing.



### MEET YOUR TRAINER

Shirley Pastiroff is a counsellor at Renew Your Mind and specialises in mindful parenting and teacher wellbeing trainings. She has five children and has transformed her parenting using the techniques covered in this teacher training.



## TRAINING REVIEWS

*“As teachers we know that term times can be frantic and long hours are the norm, so having the strategies to deal with stress effectively is of huge benefit to us personally and to the students and families that we work with.*

*The effect of doing the full day Renew Your Mind teacher training has been both amazing and long lasting on personal and professional levels. Our teachers now have strategies to get into their ‘green brain’, to pause rather than react which has a positive effect on them, their students and their own families.”*

*– Sian Coxon, Head of Primary, Pinehurst School*

*“Shirley immediately had a connection with staff by outlining the possible modes of reaction of a 21st century teacher and its ramifications. Shirley understood that the high stress environment of teachers involves relating to a large number of people each day and the importance of learning techniques designed to minimise stress is not only valuable, but essential to be effective. Shirley left a perpetual mark on the conversations in the staffroom, teachers were now openly engaging with their ‘red zones’ and working collaboratively to move to ‘green zones’.”*

*– Roshyn Singh, Deputy Principal, Glendowie College*

*“It was probably one of the most profound professional learning sessions we have had”*

*– Barb Dysart, Co-Principal, Summerland School*

*“Shirley’s session was incredible. The teachers were raving about her skill to read the room, her knowledge and the humble way she approached the teachers’ practice, knowledge and experience”*

*– Blair Giles, Co-Principal, Summerland School*

 **TO ENQUIRE / BOOK A TRAINING, PLEASE EMAIL [INFO@RENEWYOURMIND.CO.NZ](mailto:INFO@RENEWYOURMIND.CO.NZ)**