



In association with:



Life Coach and Educator
Social, Emotional, Behavioural
Your life by design

Manage Your Stress and Priorities in 2019

A one-day seminar for ALL STAFF;
Leaders, Teachers and Teacher's Aides

Set yourself and your students up for success
Attaining new insights, perspective, resilience and stress relief

This NLP and Strategic Intervention based training, coaches immediate Stress Relief Strategies and explores our 'Filters', with a Communication Model, explaining why we do what we do and how it impacts our Self-talk constantly.

Find out about:

- Identifying your stressors
- Strategies to give instant relief from Stress on the spot, wherever you may be
- How to identify your processing patterns
- Prioritising/managing workloads
- Recognising your/other's triggers
- Why we do and think as we do
- How to achieve swift outcomes for good
- What your disempowering beliefs are and shifting them
- What your core statement is and why
- Positive alternatives to your choice of words
- What it means to Generalise, Distort and Delete constantly through our 'Filters'
- More insight into how students perceive their reality
- How teachers can turn-around a situation using NLP

- Creating a win-win situation for a better outcome
- The power in words and how to guard them

This seminar is also for those who will be facilitating the Life HACS – Tool kit for Life - school programme, developed for students from 11 years through to the adolescent years.

Book a date for your school or cluster of schools

Cost: \$1500 plus GST plus expenses

For Registration and Inquiries - Email - admin@raisingachievement.co.nz

Website - www.raisingachievement.co.nz

For further course information contact: Julia Taylor-James M: 027 239 8131