



*In association with:*



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

## *'Unlocking potential for greatness'*

### *"Personal Development and Managing Stress"*

*This four-lesson on-line course;* is a Neuro-linguistic, Human Needs Psychology and Strategic Intervention based training.

*The objective;* to come along side and assist leaders, specialists, teachers and SENCOs personal growth with facilitating social learning for learners, as well as emotional literacy.

Being a teacher in New Zealand has become increasingly stressful and the climate within the classroom necessitates information and training to be available for leaders, specialists, teachers and SENCOs. To deliver and reflect healthy social skills, in the midst of conflict and confrontation.

*Covering new strategies, ways of thinking and tools;* to make the required adjustments for further understanding of how we can better ourselves and assist our students to achieve greater well-being and quality of life.

**Lesson One:** FILTERS and Positive Behaviour Support (PBS)

*Generalise, Distort, Delete and Internal Representations*

**Lesson Two:** META PROGRAMS

*Values; Learned Behaviour, Experiences*

***Lesson Three:*** THE STORY

*Strategies, States and Stories we create*

***Lesson Four:*** SELF TALK

*'The Power in Words' - Our inner dialogue and choices*

**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

Registration for the online programme is \$295.00 plus GST and includes mentoring and support with Julia Taylor-James.

I wish to register for the Personal Development and Managing Stress Online programme.

Name \_\_\_\_\_

School \_\_\_\_\_

Email \_\_\_\_\_

Phone number \_\_\_\_\_

For further course information contact: Julia Taylor-James M: 027 2398 131

For registration Email - [admin@raisingachievement.co.nz](mailto:admin@raisingachievement.co.nz)

Website - [www.raisingachievement.co.nz](http://www.raisingachievement.co.nz)