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| **Webinar Title** | Solutions to the stress and anxiety that mentally damages teacher, staff and student performance.In association with Passare Consultancy  |
| **Webinar Date** | October 23rd 2018 |
| **Webinar Time** | 1pm UK Time |
| **Target audience** | * **Leadership** – looking to initiate a framework for productive change to renew staff morale and wellbeing through effective CPD and team building.
* **Middle Managers** – looking to provide supportive supervision to their departments and those under their line management.
* **Newly Qualified Teachers** looking for strategies to manage the pressures and expectations of a new and demanding role.
* **Teachers/Staff** struggling to find effective coping strategies within their role.
* **Experienced teachers/staff** looking to build upon their current methods and knowledge as part of their CPD.

**Anybody** who experiences stress, anxiety, pressure and expectation in the workplace, who wants new effective coping strategies to use and pass on to colleagues and students. |
| **Learning outcomes** | * For all webinar attendees to have a **greater understanding** of their relationship with stress and anxiety, and be in a position to address it by gaining ***additional skills through self-awareness and reflexive analysis.***

To ***empower teachers to become leaders in generating effective solutions*** to facing stress, anxiety, pressure, expectation and psychological fear in the classroom and workplace. |
| **Webinar Description** | * 100% of teachers surveyed do not know the difference between stress and anxiety. If we do not know what they actually are, how can we possibly address them effectively without guessing? Learn to know the difference so you can learn and use appropriate strategies for yourself, colleagues and students
* Understand why we feel under pressure and why expectations feel so crushing. Why ‘being me’ feels like a rejection, yet we still go back to work or school the next day with no idea of how to make it better. Learn strategies of how to reduce the perception of pressure and expectation (i.e. for teachers to reach targets or meeting deadlines, or for students to be ‘as good’ as others or to achieve certain standards)
* Understand how to recalibrate the thoughts and language which we take for granted in how they influence feelings of stress and anxiety. Are you prepared to expose your vulnerability that contributes to pressure and expectation in the school environment?
* **Are you and your students willing to face the challenge to unlearn what you have learned?**

**Time to make the learning environment a truly safe place to learn by adapting our relationship with psychological fear, pressure and expectation.** |
| **Presenter****Biography** | Martyn Stewart (CPsychol) has been working with people for over 18 years. He is known for his engaging, inspiring and instructional speaking style. He is widely experienced in psychology, social inclusion, training, consultancy, teaching and one-to-one mentoring/coaching. Martyn has acquired the status of Chartered Psychologist with the British Psychological Society. This is recognition of the highest standard of psychological expertise in the UK and is lead consultant at Passaré Consultancy which is a COBIS (Council of British International Schools) Supporting Member. He regularly co-ordinates and delivers CPD courses, conferences and publications on topics including workplace anxiety, resilience, improved performance, self-confidence and inter-personal relationships in several countries across the world. Martyn has mentored hundreds of individuals to outstanding levels of success and achievement. His training courses have been described as informative, thought provoking and outstanding and his delivery style as energetic, engaging and inspirational. Martyn is currently the Head of Psychology at one of the top British international colleges in the world. He is PENTA - British Schools Overseas (BSO) Inspection Trained. His extensive teaching experience and training courses cover schools and colleges worldwide. His examination success rate is phenomenal. He has consistently performed in the top 1% of schools and colleges in the UK for value added in A-Level Psychology as measured by the Advanced Level Performance System (ALPS). He also has a 100% pass rate at A-Level Psychology. |