



Private

Staff development
workshops for
individual schools

2018

All staff development workshop requires a minimum of 35 delegates

Workshop 1

The Prevention and management of teacher burnout

Cost per educator: R 195.00 and includes manual, SACE accredited certificate and facilitation (Duration 2 hours)

INTRODUCTION

*South Africa has over 375,000 educators teaching in our Primary and High Schools. In a recent survey 12.1% of Teachers indicated that they suffered from **Teacher Burnout (45,375)**, more troublesome is the fact that **8% of teachers** indicated that they took over **20 days of sick leave** per year, due to burnout. **That equates to over 3.6 Million teaching hours lost to South African learners each year.***

*Burnout is defined as a **multi-dimensional syndrome** that consists of three cognitive/affective components: emotional exhaustion; depersonalisation or becoming callous towards and withdrawing from learners or colleagues. Teacher burnout could be the **biggest threat** to education in South Africa with many teachers leaving the profession due to **emotional and physical exhaustion**. **How do School your Management Teams deal with real threat? WE HAVE THE SOLUTION.***

Section 1

Burnout – the toxic mix of circumstances

- The challenges facing education in South Africa
- Excluding and understanding trauma – from a teacher’s perspective
- Understanding the impact that burnout has on the “whole” school

Section 2

Understanding the concept of teacher burnout

- An introduction to burnout
- Stress vs burnout – a teacher’s perspective
- The sources of burnout in the school environment
- Work situations that cause burnout
- The stages of burnout
- Identifying the symptoms of burnout
- Teaching and burnout – developing a staff diagnostic program
- The influence of personalities in the staff room
- Understanding the three dimensions of burnout

Section 3

Developing and introducing a program to deal with and prevent future burnout in the school environment

- Management skills that deal with burnout
- Problem solving and planning
- Developing new coping styles
- Changing the “victim” mind set
- Introducing Smart lifestyle choices in the work environment
- The importance of Team Building

Workshop 2

Positive discipline in the classroom for your staff

Cost per educator: R 195.00 and includes manual, SACE accredited certificate and facilitation (Duration 2 hours)

Introduction

One of the key elements that affect the health of the school’s environment is the issue of managing learner behaviour through the disciplinary processes of a school. Management, educators and other staff are dealing with problematic behaviour from the learners on a daily basis.

We live in a time where there appears to be a real decline in the area of discipline in general. The result of this decline is seen and felt by educators and school management who deal with the learner. Learners are lacking some basic character elements, such as a good work ethic, taking responsibility for their actions, self-control, open disrespect, defiance to name a few.

There are many factors that contribute to this, such as family life, rights based thinking without responsibility, exposure to violence, learners influence on one another, poverty and/or wealth, conduct of our countries leaders and learners’ developmental difficulties.

Content

Section 1

1. Discipline vs punitive implementation
2. Understanding the purpose of discipline in the school environment
3. The various paradigms that influence our approach to discipline
4. Staff and personal discipline

Section 2

Classroom management

1. An educator's ethical responsibilities in respect of discipline
2. Diligence and co-operation
3. Classroom management
4. Creating a classroom code of conduct
5. Dealing with large classes and discipline
6. Promoting active learning
7. Dealing with stress as an educator
8. Implementing the schools code of conduct and managing effective punitive action

Workshop 3

Peer victimisation, anger management and hidden rage

Cost per educator: R 195.00 and includes manual, SACE accredited certificate and facilitation (Duration 2 hours)

Section 1

- Profiling a bully
- Counselling the victim/bully
- Peer group victimisation programme
- Understanding the factors that most influence impulsive and aggressive behaviour
- Developing a strategic intervention model when dealing with an angry child (Parent, classroom and informal activities)
- Identifying the symptoms of hidden rage: Physical, Psychological, cognitive and the use of art and written threats
- Dealing with an angry parent/caregiver
- The 10 Golden rules for health care providers, counsellors, educators and school management

Section 2

- Learning to re direct behaviour that can threaten the safety of an angry child or others
- Teaching children and teens long term skills of impulse control
- Learn prevention and intervention techniques that are effective in different settings
- Develop a peer confrontation strategy for your colleagues and the work place

Staff Development workshops

Booking form

Name of school: _____

Contact person: _____

Tel: _____ Fax: _____

Cell: _____ Email: _____

Physical address:

Our school would like to book for:

- **Workshop 1 – The prevention and management of teacher burnout**

Suggested dates 1. _____ 2. _____

- **Workshop 2 – Positive discipline in the classroom**

Suggested dates 1. _____ 2. _____

- **Workshop 3- peer victimisation, anger management and Hidden rage**

Suggested dates 1. _____ 2. _____

Number of staff attending: _____ @ R 195.00 per educator Total: _____

Please note that a deposit of R 3 000.00 is required to confirm your booking

Payment:

Please use your schools name as reference.

Fax/e-mail this booking form and payment advice to:

086 6967807 /031 5726081 / debbie@tpeg.co.za

For any additional queries please contact 083 3308535 or 031 5726690
debbie@tpeg.co.za

Bank details: Bank: ABSA (Cheque account)

Account name: Rape Wise T/A The Proactive education group

Branch Code:632005 Bank account number: 406 497 6342