

Supporting Teacher Wellbeing

Emotional health of students is fundamental to both learning and well-being but... it is not possible to pour from an empty cup!

Emotional Health in Schools (EHIS) is a full-day workshop designed for teachers. This workshop will assist individual teachers and teaching groups to understand the science behind well-being and the role of social emotions in working collaboratively with colleagues. This workshop will provide time and space for teachers to unpack their own well-being at school, to understand the foundations of social and emotional competence, and become more mindful in their teaching. Participants will work on an emotional health toolkit with strategies to take away that can be easily applied throughout their teaching day.

Emotional Health in Schools (EHIS) was launched in October 2019 to consult with schools about best practice in developing a culture of emotional health and well-being. Teachers are the pivot point for this to occur, so our focus is very much on assisting teachers to build the social and emotional skills for individual, team and school resilience. EHIS provides structured workshops as well as more nuanced and multi-layered support and advice through our consultancy which can be tailored to the specific needs of individuals and schools.

This workshop is ideal for all teachers, but particularly those working towards the Highly Accomplished Teacher (HAT) level of professional practice as outlined in the 'Australian Professional Standards for Teachers'. Specifically, teachers will understand how to support colleagues to plan for effective teaching and learning through HAT descriptors 3.2, 3.3, 3.6. They will also understand the crucial need to work together to create safe and supportive learning environments through HAT descriptors 4.1, 4.2, 4.3.

Programs delivered by QuEST are recognised as legitimate professional development by the Department of Education and Queensland College of Teachers. As such, it is appropriate to apply for release and funding through your normal school professional development processes.

Register here: www.qtu.asn.au/questwellbeing

What Queensland teachers are saying:

"A rewarding PD – much needed in the current system. I learnt a lot that I can take to my classroom and staffroom."

"Thank you. Really enjoyed the discussions. I think we all 'knew the stuff', but it helps to be reminded. Engaging, research based, practical."

"The session was well organised with practical hands on activities that related to real world settings. It also provided opportunities for people as all stages of their career to learn something new."

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The Presenter

Dr Julie Bower is an educational consultant for Emotional Health in Schools, and an Honorary Research Fellow at The University of Queensland. She is also a registered teacher and training consultant.



Julie has over 30 years of experience in the education sector, 22 of those in educational research and more recently, in the development of the Mindfields@ Suite of Programs, the CAT-RPM, and the Mindful Practice for Teachers Program.

Julie has conducted applied research in Australian secondary schools to understand the social and emotional processes that keep students at school and engaged in learning. She has developed real-time measures of emotion for classroom settings, assessment of both risk and protection in vulnerable youth; prevention and intervention programs for social and emotional well-being in students and teachers. Julie has published widely and presented her research both nationally and internationally.

