

## RSA – Course Description



### Faculty

Establishing

### Course Code

RSAE03

### Course Title

## Self-Care and Wellbeing

### Course Facilitator

#### Amy Green

Amy is an experienced Teacher and School Leader who has provided training and support for educators throughout her career. Using first-hand experience and current research, Amy will encourage and support Establishing Teachers in this course as they look to further enhance their current practice, guiding them through a series of modules which will have instant impact on how they plan and teach, challenging them to think and reflect along the way.

### Course Description

This course aims to provide Establishing Teachers the opportunity to focus on their own wellbeing and self-care in order to improve their school day, learning in the classroom and also life as a whole. This course will take teachers beyond common self-care practices of yoga and mindfulness and have them explore their own self, looking at existing routines, beliefs and self-talk and learning how to shift these so they can have a more positive impact on how we view things, improving school life and positively impacting learning in the classroom. This course is specifically designed to support Establishing Teachers who are ready to build on and transform their current teaching, as well as improve life in and out of the classroom.

### Course Modules

1. Starting the Day Right
2. Expanding Your Connections
3. Building on Your Beliefs
4. Creating Your Reality
5. Mindful Conversation and the Power of Language
6. Above the Line Thinking

### AITSL Standards

- 6.1 Identify and plan professional learning needs
- 6.2 Engage in professional learning and improve practice
- 6.3 Engage with colleagues and improve practice
- 7.1 Meet professional ethics and responsibilities

### Phases of learning

This course is designed to cater for teachers in their first few years (2-5+) of teaching across all phases of learning, including primary, secondary and special contexts.