



essence
EDUCATION

THE HEART OF WELLBEING: an Introduction

Te Ao Mārama School, 33 Hare Puke Drive, Flagstaff, Hamilton

26 Feb 9.00-10.30am **OR** 28 Feb 7.00-8.30pm - \$30 incl GST

BOOK at theessence.nz/events

NOTICE TO PRINCIPALS OF WPA

- This workshop will introduce programmes from the HeartMath® Institute that benefit Stress Management and Workplace Wellbeing.
- The workshop provides an opportunity for you to become more aware of the science of the heart, its effect on thinking and its relevance for school leadership.
- Included will be simple self-awareness exercises and practical techniques to support clarity and wellbeing when responding to stress and daily challenges.
- Staff wellbeing is the focus, for the benefit of staff, students and families/whānau.

Testimonials 2018, training programme:

'...so many practical strategies to enhance our resilience and wellbeing.'

Andrew Chesswas, Principal.

'The skills impact all areas of your life.'

Michelle Hamilton, School Leader.

Workshop Presenter:

Phillippa Bourke BEd, past Principal



HeartMath.

Certified Trainer & Mentor

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