

EIS East, North & South Ayrshire - Health & Wellbeing Event

Workshop 1 Using your voice

Facilitated by Teri McIntosh (BA, RSAMD)

Teri McIntosh has an extensive background in the Performing Arts, both as a teacher and actress and has provided support for businesses in life coaching and customer services. Teri has worked for many years with SQA and provided national support to practitioners as development officer for Expressive Arts at Education Scotland.

Teri directed numerous high quality productions within her school establishments and out in the community. Many of her former pupils have pursued successful careers in Drama and Theatre.

This workshop will help you to explore ways that you can use your voice to improve communication and self-expression.

Do you have to use your voice a lot in your job?

Do you have to use your voice under conditions of stress or background noise?

Do you ever experience throat pain after a learning session?

Do you need to use your voice to get your pupils attention?

Do you need to use your voice to display confidence in the work place?

If so, then this workshop is for you.

Come along to this workshop and Teri will explore some of the ways in which to get the most out of your voice.

This workshop promises to be fun, full of enjoyment and will provide you with a dynamic learning session that will leave you energised, motivated and ready for the day ahead.

Workshop 2 Healthy Eating/Exercise Session

Facilitated by Grace Milligan

Grace Milligan started her Secondary teaching career fifteen years ago and has taught within three international schools in Europe. She is well experienced with the challenges of maintaining a healthy diet and exercise programme for those who work within education. Several years ago she started her own personal training business, borne out of a desire to motivate and coach others to reach and maintain their own personal fitness and nutrition goals. Since starting her PT business Grace has increased her passion for overall health by developing a more holistic view of wellbeing. She is now a yoga teacher and runs wellness retreats for women, which are designed to inspire and empower others to reclaim balance within their lifestyle.

Grace believes that it is often the smallest changes that can reap longer term rewards. If we make those minor changes within our day to day lifestyle "as best we can" then we can start to see more substantial benefits on our overall health and wellbeing.

She will share with you her tips on the small changes that can be made day to day and how we can find the time to insert healthy activities and eating into a hectic schedule. She will touch upon the benefits of a well balanced fitness programme; including the benefits of yoga, mindfulness and more physical forms of exercise. Moreover she will discuss in general healthy eating and the damaging effects that stress has on our fitness and overall wellbeing. She will communicate what she has learned from working with individual clients who are often highly stressed and juggling the demands of the world.

This will be a laid back, informative session with sprinkles of good humour. Please come along and join the session to help you make those much needed changes towards a healthier, happier and brighter lifestyle.

Workshop 3 Mindfulness

Facilitated by Wendy Campbell

Mindfulness is a way of training the mind to be present. It is a secular meditative practice, which involves paying attention to what is happening as it happens, and doing so with an attitude of kindness, acceptance and non-judgement. Mindfulness practice is, in essence, very simple but at first it can seem very difficult as our minds race around jumping from thought to thought. In order to train the mind, we begin by focusing our attention on one object, most often the sensations of breathing. Naturally the mind wanders, becoming distracted by thoughts, sounds, emotions etc. The practice involves training our attention again and again to come back to the present moment.

This taster session will introduce you to mindfulness and the potential this practice has to improve your health and wellbeing. It will also provide an opportunity for participants to experience some mindfulness meditation practice.

This straightforward but powerful practice can be incorporated into daily life to help you to:

- Quiet the chatter in your mind
- Focus more easily
- Experience an increased sense of calm and wellbeing
- Get to sleep at night

Workshop 4 Yoga

Facilitated by Jennifer Ellis

The word "yoga" translates as "union", that is union between body, mind and breath. Ashtanga yoga develops strength and stamina as well as flexibility. Linking the breath and the movement, we follow a series of standing and seated postures. The session ends with a period of relaxation. Please wear leggings/tracksuit trousers and a T-shirt with Lycra (to preserve our modesty in the forward bends). We practise in bare feet.

Workshop 5 Understanding and Gaining Control of Work-Related Stress

Facilitated by Dr Julie Smith and Dr Yonah Matemba, University of the West of Scotland

Drs Yonah Matemba and Julie Smith teach on a new interdisciplinary MSc Mental Health and Education programme that is offered by staff from the School of Education and School of Health, Nursing and Midwifery. The programme explores best practice in both mental health and education, with a specific focus on supporting mental health and wellbeing within learning, teaching and training/coaching/mentoring environments. As programme leader Dr Matemba provides administrative oversight for the programme and also teaches on a module entitled 'Mental Health in Education' while Dr Smith teaches on a module entitled 'Stress Management in Education'.

Work-related stress is an endemic mental health problem for teachers inundated with heavy workloads (teaching, planning and related paperwork), large classes, parental expectation, schools inspections and school management demands - all the while expected to maintain an up-to-date professional development record by participating in relevant Career Professional Learning (CPL) in line with the GTCs professional update scheme.

The workshop will address issues related to the following key questions:

- What are the tell-tale signs that you might be stressed?
- How can you and others in school management spot stress and anxiety in colleagues?
- What can you do and cannot do to address stress for you and your colleagues?

If you are a classroom practitioner or are in school management and would like to understand teacher work-related stress, how it impacts on health and on teachers' performance and what you could do to ameliorate the problem, then this interactive and practical workshop might be for you.