

NZEI TE RIU ROA

NEW ZEALAND EDUCATIONAL INSTITUTE

IN CONJUNCTION WITH



WPA

Waikato Principals' Association

The NZEI and Waikato Principals' Association are sponsoring a day for Principals and Senior School Leaders.

“Managing Workplace Psychological Wellbeing”

facilitated by Dr Giles Burch & Emma Lonsdale, Clinical Psychologists

EVENT DETAILS

WHO?

Principals and School Leaders

WHERE?

Distinction Hotel, Hamilton
(formerly Kingsgate)

WHEN?

4th August 2016

WHAT TIME?

9:30am-4:00pm

HOW MUCH?

\$95 per person (morning tea
and lunch included)

HOW?

Online from WPA Website –
click the link and register your
interest www.wpa.ac.nz

Emma Lonsdale and Giles Burch will provide you with a day dedicated to helping you manage your emotional well-being as valued Principals and School Leaders. They will provide an overview of the scientific evidence behind approaches to psychological wellbeing. In addition, they will use a combination of practical and experiential exercises designed to help you identify workplace stress, ‘manage yourself’, whilst developing resilience.

Emma is a registered clinical psychologist who trained at Lancaster University in the UK. For the last fifteen years she has come increasingly to the belief that being mindful benefits our emotional well-being. Emma has been pleased to see mindfulness based approaches begin to enter mainstream psychological thinking, supported by scientific evidence of the ways in which they benefit us.

www.familyfutures.co.nz/about-emma-lonsdale--clinical-psychologist.html#emle.com

Giles has over 20 years of experience as an organisational consultant, coach and clinician. He has worked with individuals, senior management and teams across New Zealand, Australia and the UK on matters of personal, professional and leadership development.

www.gilesburch.co.nz