

Nurturing Emotional Intelligence & Cultivating Emotional Competences in Young People with Mental Health Disorders

A Professional Development Workshop for Secondary School Teachers

This professional development (PD) workshop is designed to assist secondary school teachers meet their VIT registration obligations under the special needs plan. It will specifically address the Australian Professional Standards for Teachers (1.6) - Professional Knowledge: Strategies to support full participation of learners with a disability.

Research shows that children with mental health disorders, such as high functioning autism, ADHD and anxiety disorders, have difficulties with skills and abilities associated with a range of emotional competences. The implication being that building emotional competences in children with mental health disorders is key to their overall well-being, including social development and academic success.



*"Emotional intelligence begins to develop in the earliest years.
All the small exchanges children have with their
parents, teachers, and with each other carry emotional messages"*
Daniel Goleman

This PD aims to encourage teachers to develop the skills, strategies and systems in their personal pedagogies and within in the shared school culture to nurture the emotional intelligence of young people.

This interactive small group workshop, run by teacher and a clinical psychologist, will consist of three sections.

- i. **Understanding the role and benefits of emotional intelligence – the supporting research**
- ii. **The fundamentals of building emotional competences – emotion coaching in action**
- iii. **Class and individual learning plans — to meet the new Victorian Curriculum**

Places are limited to 12 teachers to allow for constructive small group discussion and role playing.

Location: **At Deco Place** – Croydon, Victoria

Facilitators: **Dr Rachel Cousins** - Clinical Psychologist [BBehavioral Science (Hons), DPsych (Clinical), MAPS]

Ashley Taylor - Teacher [BEducation, MPublicPolicy, VIT Reg]

Time: 1pm to 4pm Monday the 17th of September 2018 (or school packages available)

Cost: \$150 (including GST)

Contact: 0430 031 444 - ashley@decoplace.net