



CHAOS TO CALM EDUCATOR WORKSHOP

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YOU WILL LEARN- 1-2HRS

- Uncover the 3 Pillars to Overcoming Overwhelm to reclaim your time and enhance productivity.
- Navigate uncertainty and filter information for clearer decision-making.
- Differentiate between urgent vs important tasks to balance work and personal time.
- Explore the 3 Most Important Questions (3MIQs) to clarify your goals.
- Distinguish between end goals and means goals for focused direction.

RESULTS:

- Learn strategies to manage stress and well-being both at school and home, with practical tools that teachers can implement immediately to improve their work-life balance.
- Discover how to effectively prioritise tasks and workload, while ensuring there is still time for self-care and activities that bring personal joy and fulfillment.
- Say goodbye to overwhelm by adopting proven techniques for staying organised, reducing stress, and maintaining focus during busy teaching periods.

CHAOS TO CALM WORKSHOP + COLD THERAPY EXPERIENCE 2-4HRS

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Combine any of our workshops with a ice bath experience. Focusing on mental resilience and breathwork; teachers will learn valuable lessons in managing their wellbeing whilst connecting with their colleagues

