

Life Management for Teachers

A practical toolkit for teachers wanting to take control **NEW**



Presented by Mark Harris

Mark is a dynamic, engaging trainer and author. His sessions are described as practical, inspiring and memorable. Combining theory, achievable strategies and good humour, Mark delivers training that provides the framework for delegates to sustain good practice in the future.

£299 + VAT

Make sure you ask about additional delegate discounts

- Respond to reports on 'Teachers' Stress Levels'
- Guarantee impact and success with minimal preparation time
- Your teaching goals and the skills needed to achieve them
- Expert guidance for all teachers to help with:
 - Stress
 - Workload
 - Productivity
 - Promotion paths

More impact
–
More time

Session 1:

Take charge of your life

Seek clarity: Know what you want and how to get it
How to be your own leader in the classroom
Motivate yourself in order to achieve your goals

Session 2:

Simplify your workload to maximise your impact

Techniques to reduce your marking and assessment
Strategies to accelerate the progress of your students
Techniques with little input, that deliver maximum impact

Session 3:

Time management

Develop habits that enable you to work more efficiently
Discover how to stop wasting time worrying
Quick wins to maximise your time and increase productivity

A recent BBC report on 'Teachers' Stress Levels' highlighted:

Workload was the top concern, with **89%** citing this as a problem, followed by pay (45%), inspection (44%), curriculum reform (42%) and pupil behaviour (40%).

In addition,

- 83%** had reported workplace stress
- 67%** said their job has adversely impacted their mental or physical health
- 5%** had been hospitalised

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0808 160 5 160 / 01790 753 987

Call 01790 755 783 to run this course in your school

Delegates receive

- Teaching strategies for:
 - Workload reduction
 - Accelerated progress
 - Increasing productivity
- Lunch and refreshments
- Online post-course support
- Delegate file including CPD certificate

