



UNIVERSITY OF
BIRMINGHAM

Building a Well-being Practice

Why do teachers long for the holidays? Being a teacher can be hugely enjoyable, but as a job it is very demanding and often stressful. As everyone knows, the breaks in teaching are essential and allow time for recuperation.

- How can such a rewarding role be balanced alongside the known stresses of the job?
- How can you get ready for the summer break, but be well prepared for your future as a teacher?
- How can these two things be combined in a creative and constructive way?

On this course we hope you will find answers to those three questions.

The course offers a practical introduction to understanding good body mechanics through its connection with clear thinking and emotional health. The aim is to promote long-term well-being.

Professional Association of Alexander Teachers

How does the course do this?

Drawing on F.M. Alexander's insights, we explore the connection between the way we think and move, and how habits of thought and movement can undermine well-being. This includes how we can achieve the best use of our voice.

Is it a quick fix?

As all teachers know, who we are and how we speak in the classroom directly affects our relationship with our students. We therefore want to develop the means to think through and action new possibilities of being and speaking in the classroom. This helps us to build our own long-term practice and enables us as teachers, and our students, to flourish.

Is it selfish to think about our own well-being?

Taking constructive care of our own development is not in any way selfish. Moderating habitual reactivity in response to our students makes for a better learning environment for all. If we can practise some of the skills offered on this day, we can aim neither to have lost our voice, nor our creativity, by the Autumn half-term.

Professional Association of Alexander Teachers

The Course: This introductory course for the practice of well-being is especially designed for classroom practitioners.

Course fees are payable in advance and include a light lunch:

- **£30** for those who have just achieved QTS and are not yet in post
- **£60** for in-post teachers.

No special clothing or equipment is needed.

Where? **School of Education, University of Birmingham**

When? **Saturday 30th June 2018, 10.00 am - 3.30 pm**

The course will be run by members of the **Professional Association of Alexander Teachers (PAAT)**.

For further information or to book a place, please email

paatcourses@gmail.com

or phone **Dr Rose Whyman** on 0121 414 6005
