



# Emotional Fitness for ESS

Delivered by Lou Lugsdin

*Accredited Counsellor, Life Coach and Employee Assistance Program provider.*

**Duration** 6 hours – Includes breaks

**Maximum** 25 attendees\*

## Content Overview

Schools are wonderful environments for learning, support, and growth, but they can also be hectic, chaotic, and demanding workplaces that can see ESS experience stress and overwhelm. If either of these symptoms are misunderstood or overlooked, it can lead ESS to a place of burnout.

**Stress can be alleviated when ESS have the knowledge and skills of emotional fitness!**

Attendees will be supported to share their challenges and ask questions and will learn in a relaxed and professional environment. Attendees will leave knowing that being emotionally fit is not a solo event and how it takes teamwork to reduce stress and beat burnout.

- **The Origins** of stress, overwhelm & anxiety, why they happen and the relationship between mental health and our physiology
- **The Benefits** of being emotionally fit and how to build a personal resilience toolkit, including mindfulness and relaxation techniques
- **The Road Blocks** Identification of what can stop us achieving emotional fitness and strategies to remove those barriers and support others to do the same
- **The Control Centre** How what we think can become our reality and the relationship between thinking, neuroplasticity, and emotional intelligence
- **The Actions** Strategies, resources, and tools to manage stress, overwhelm and anxiety

## Inclusions

- **Key Slides and Handouts** for reference and use post session

## Outcomes

- **Clarity** on the architecture of the brain & the relationship between stress and physiology
- **Confidence** to address stress and overwhelm to reduce the outcome of burnout.
- **Actions** Goal aligned actions for immediate implementation

## Our Requirements

- ✓ **Venue** with resources for a PowerPoint presentation
- ✓ **Refreshments** are at your discretion and cost

**COST \$3,950 + gst**

*\*If you have more than 25 attendees, please contact us for a tailored quote.*