

UNDERSTANDING AND WORKING THROUGH DIFFICULT EMOTIONS IN LEARNING

MONDAY 20 August 2018



Lydia Woodyatt

Social Psychologist & winner of the Teaching Excellence Award

UNDERSTANDING AND WORKING THROUGH DIFFICULT EMOTIONS IN LEARNING ALL STAFF - in Junior Primary, Primary, Middle School and Secondary School

'Negative' emotions are obstructing learning and wellbeing on your site every day. One of Australia's leading researchers on emotions will share how research has highlighted the ways to cope with these emotions, and even how to make them work for you instead of against you in the learning environment.

This workshop is suitable for leadership staff, teachers, school assistants, counsellors and pastoral care workers in primary and secondary schools and special education across the three education sectors in South Australia.

Multiple-time winner of the Teaching Excellence Award, psychologist Dr Lydia Woodyatt will assist you in learning positive strategies to work with the difficult emotions faced by students and school staff as part of the learning environment. It is common to focus on 'positive' emotions as part of wellbeing, however often 'negative' emotions like fear, shame, guilt, and anger are part of our experience at work, and the experience of our students in the classroom. These emotions can become significant barriers to learning and developing. Understanding these emotions as part of functional wellbeing can help us to develop approaches to help ourselves and others to work through these emotions, and even use them, to help us to move towards our goals.

Learning outcomes include:

- Understanding the difficult emotions that arise in teaching practice (in ourselves, our students, and others). When and where do these arise? In what ways can they create barriers in our own practice and in our learners' experience?
- An understanding of these experiences (e.g. shame, guilt, anger, uncertainty, and self-condemnation) from the perspective of psychological science
- Awareness of how 'negative' emotions form a part of wellbeing
- Learning the techniques available for coping with, and utilising, these emotions in a learning environment (including brief classroom based approaches and more extended curriculum embedded strategies)
- Exploration of how we can apply these techniques to ourselves

Certificates will be provided that include reference to Teacher Standards that apply to this workshop:

- ✓ **1.2 Understand how students learn.** Expand understanding of how students learn using research and workplace knowledge.
- ✓ **4.3 Managing Challenging Behaviour.** Develop and share with colleagues a flexible repertoire of behaviour management strategies using expert knowledge and workplace experience.

ABOUT THE PRESENTER

Dr Lydia Woodyatt is a researcher and award winning lecturer in Psychology at Flinders University. She speaks regularly to students, leaders, schools, organisations and the media on responses to experiencing difficult emotions. Lydia also leads a national network on student wellbeing in Higher Education, and is interested in the role of emotions in a learner's journey. She uses psychological science to create short classroom tasks that help people to work through uncomfortable and painful emotions. She is the co-creator of the highly successful online topic *The Psychology of Surviving and Thriving* which develops students' knowledge and personal practice of the psychology of wellbeing, self-management, and metacognition. She is a published author and editor of *The Handbook of the Psychology of Self-forgiveness* (Springer, 2017).

TIME: 9.00AM - 3.30PM

COST: \$145

VENUE: THE HIGHWAY

**REGISTER: learning4all.com.au
Registrations close 15/8/18**

Tea and coffee on arrival, morning tea and lunch provided.
Free onsite parking available.



Learning 4 All

Venue: The Highway
290 Anzac Highway
Plympton

www.learning4all.com.au