

# Managing Workload and Improving Wellbeing

**Online PD for AEU Members**  
**A webinar series hosted by Wendy Kenbeek**

For teachers and principals, managing workload and maintaining work-life balance is a growing challenge.

These one hour webinars are designed to give you strategies to take back control, with practical and immediate steps you can take to support yourself and your colleagues.

The webinars are hosted by Wendy Kenbeek of InWellness Coaching. Wendy is an educational wellness coach and teacher with more than 20 years of experience. Her mission is *"to help teachers regain their work-leisure balance and vitality, so they can lead a fulfilling and thriving teaching career."*

**Attendance is free for AEU NT members** but registration for each event is essential – once you have RSVPed we will send you instructions on how to join the webinar.  
**To register email [admin@aeunt.org.au](mailto:admin@aeunt.org.au) indicating which webinar(s) you would like to attend.**

## CONTACT US

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**WEDNESDAY - APRIL 28, 2021**  
**4PM- 5PM via Zoom**

## Reset and Recharge

Move forward with actionable steps by finding out the successful strategies to ease anxiety, stress, overwhelm and preventing teacher burn out so that you create a healthier work-leisure balance.

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**WEDNESDAY - MAY 5, 2021**  
**4PM- 5PM via Zoom**

## Effectively Supporting Teachers

Immediately begin initiating wellbeing practices by finding out how you can support teachers at school to enhance their wellbeing and effectiveness, while simultaneously increasing professional contentment.

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**WEDNESDAY - MAY 19, 2021**  
**4PM- 5PM via Zoom**

## Facing Teacher Stressors

Learn to better self manage your teacher workload with improved thinking strategies and effective problem solving skills. This empowering webinar moves you forward from unhelpful thinking towards becoming your best teacher self.

**Who is this for: teachers, coordinators, school leaders, principals.**

## About InWellness Coaching

Wendy Kenbeek is a Professional Coach with the International Coaching Federation and as an Educational Wellness Coach she is passionate about making a difference to the wellbeing of teachers in Australia.

Wendy's extensive experience in **Positive Psychology** and **Coaching Psychology** impacts her coaching teachers 1-1, delivering webinars and workshops in schools and through her 2 online teacher wellbeing courses.

Wendy has also been a PE/Health and Yoga teacher in International, Dutch and Australian schools for 23 years.

Wendy represented Australia at World Championship level in Korfbal, and she has an in-depth understanding of mindset, mindfulness and prioritising mental, emotional and physical wellbeing.



Wendy Kenbeek

<https://inwellness.com.au> The logo for InWellness Coaching, featuring a stylized 'i' inside a circle followed by the text 'InWellness COACHING'.

## TEACHER WELLBEING

### Reset and Recharge

Find out successful and **effective strategies to prevent or in the early stages of overwhelm, anxiety and continuous stress** so you can flourish with clarity, productivity and passion without burnout.

Now more than ever, the need to address the wellbeing of teachers is invaluable for keeping teachers not only in the profession, but to ensure teachers **thrive instead of survive** in their job.

Drawing on Wendy's experience in coaching teachers, as an athlete and her personal experience as a teacher for over 23 years, this session will leave you **inspired and empowered to create change**.

Enjoy the wealth of **practical strategies** you can **implement immediately** in your professional and personal life to **manage stress** and create a **healthier work-life balance**.

## TEACHER WELLBEING

### Effectively Supporting Teachers

In this session Wendy provides teachers, school leaders and team leaders opportunities to make a **positive impact** on the **health and wellbeing of other staff**.

Wendy addresses **strategies to enhance teacher wellbeing and effectiveness**.

Exploring the use of a **coaching language** and **questioning techniques**, as well as providing **strategic insight into various levels of support**, this session leaves staff members equipped with strategies to effectively support each other.

You will leave this session with strategies to implement straight away to **sustain, support and enable school staff**, in support of building a thriving, supportive and healthy culture in your school.

Simple and effective language paired with easy to implement strategies will allow you to **immediately begin initiating wellbeing practices**.

## FACING TEACHER STRESSORS

### Anxiety, Overwhelm and Workload

This session explores how teachers can better **self-manage their workload** and other **stressors preventing them from being their best self**. Not only has 2020 required adaptability, it has also required teachers to **focus on self-care, re-evaluate their teaching practises** and **build an empowered mindset** to avoid burn-out.

Whilst there are some factors over which we have little control, the focus in this session is on the **areas which we can control**, so that teachers can make their day happen, rather than their day happening to them.

This session looks at how teachers can **improve thinking strategies** and learn effective problem-solving skills which enables you to go **from overwhelm to empowerment, from anxiety to calm**.

Create awareness and explore strategies to **change unhelpful thinking** so that you can update your teacher brain to meet the demands of 2021 teaching.

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