



## TRAINING 'DEALING WITH CHALLENGING BEHAVIOUR AT SCHOOL'

85% of teachers indicate that they are increasingly confronted with challenging behaviour of students. These findings derive from an international survey by the Crisis Prevention Institute (03/2022). But how do you deal with that behaviour effectively?

### Content

If you want to learn how to better deal with challenging behaviour of students, it is important to first learn to read and understand that behaviour well. Why is someone rebellious or aggressive? What happens when someone puts on their hoody or plays the class clown? etc.

The Polyvagal theory explains how our nervous system works and how it affects our emotions, our thoughts and our behaviour. Therefore, it is the ideal basis for **a better understanding of student behaviour**.

Once we have a clearer view of where behaviour comes from, we can look at **how to effectively deal with it**. In this training session we provide participants with concrete do's and don'ts that can be used immediately in classroom. We also exchange experiences and tips & tricks.

We end the workshop with what you can do to avoid difficult behaviour in the classroom. Here too, we provide concrete tools to get started. We also take our time to exchange experiences and learn from each other.

### For who?

The workshop targets **all education professionals**: teachers, support staff, board members, CLB staff, etc.

There is no minimum or maximum number of participants for this workshop.

### Duur?

The workshop lasts 2 hours (time for questions or break not included), but can be adapted on request.

### Praktisch

How can you **book a workshop**?

- You call or email me to set a date and discuss the price via [info@inesverplancke.be](mailto:info@inesverplancke.be) or 0474/366.413.
- An e-mail will follow with all information and arrangements.