



TRAINING 'SELF-CARE AT SCHOOL'

Do you sometimes feel like you have a lot on your plate? And that your job - no matter how much you enjoy doing it - demands a lot from you, especially in these times of growing diversity, digitisation and planning burden?

Taking good care of yourself (and each other) is now a real must. But how do you do that? How do you find the balance between caring for yourself and for others? And how can you become (more) resilient in your job and life? That is what this training session is about.

Content

In this training session, we discuss how self-care can be done, **based on neuroscientific research**: the Polyvagal theory. This theory explains how our nervous system works and how it affects our well-being. These insights also immediately provide **concrete and practical tools** to strengthen your well-being, and to take good care of yourself in these stressful times. This is how the participants discover the million dollar question when it comes to self-care: 'What do I need?' and how you can get started with that question. The workshop thus combines a concrete theoretical basis with a series of techniques and tools to strengthen your well-being, and thus take good care of yourself.

For who?

This training session targets **all educational professionals**: teachers, support staff, members of the management team, etc.
There is no minimum or maximum number of participants for this workshop.

Duration?

The workshop lasts 1.5 hours (time for questions or break not included), but can be adapted on request.

Practical

How can you **book a workshop**?

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