



ECTA: An Association for Early Childhood Professionals



COSTS

- **ECTA QLD Members**
 - \$15 one session
 - \$25 for both sessions
- **Regional Group Members**
 - \$25 one session
 - \$35 for both sessions
- **Non-Members**
 - \$75 one session
 - \$85 for both sessions

Session 1 Preparing Your Wellbeing Plan for 2023

Teaching is both stressful and rewarding, yet sometimes it feels like we are running in circles. Everyone has heard about the importance of taking care of their wellbeing, but often it just becomes another list of things to do that ends up being guilt inducing. This session, based on cutting-edge science, will provide participants with simple strategies for stopping stress fast as well as the opportunity to develop a personal wellbeing plan for 2023.

Session 2 Cultivating practical optimism

The upheaval of the last few years has been substantial. The new normal is exhausting. Cultivating practical optimism is a critical key to getting the best from your brain. People with a positive viewpoint have less stress, better creative problem-solving skills, and better health outcomes than less optimistic people. This session provides participants with a toolkit of strategies they can use to cultivate practical optimism and improve their emotional wellbeing both professionally and personally.

Mackay Event Details

**Friday 3rd
February 2023**

Session 1 - 4:30pm – 6pm
Session 2 - 6:30pm – 8pm

Venue

To be Confirmed

Light refreshments
available if you are
attending both sessions

TO REGISTER

Click the QR code to register
or head to www.ecta.org.au
and register through the
events tab

