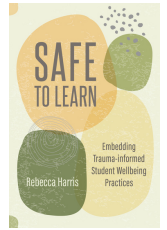




Embedding Wellbeing

REBECCA HARRIS



Rebecca's Book
Safe to learn

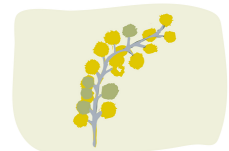
Professional Learning

When working with schools I tailor training to suit the needs of the school.

- 1-2 hour introduction to trauma-informed practice, or single topic sessions
- Half-day/Full-day workshops covering a range of topics and practical take-aways
- Parent workshops
- Student workshops

Professional learning topics include:

- Challenging behaviours
- Neuroscience, trauma and adversity
- Trauma, behaviour, and learning
- Regulation
- Sensory interventions
- Interventions to support behaviour, learning, memory and sense of self
- De-escalation
- Challenging conversations
- Embedding student and educator wellbeing



Working together

I work with schools on their internal policies, plans and systems. This can be a one-off meeting, or work over time. This type of work might include exploring:

- Educator wellbeing
- Building capacity of education support staff
- Inclusion - designing an integrated approach for multi-tiered systems of support for wellbeing and academic supports
- Inclusion - supporting LGBTIQ+ students
- Making Disability Inclusion work for your school, and your students
- Making the Respectful Relationships program work for your school community
- Integrating programs for whole-school embedded wellbeing

A note on funding sources: Schools are able to utilise the **Mental Health Menu** funding to have me work with them. For work that supports the rollout or embedding of Disability Inclusion, tier 2 DI funding is able to be used. Schools with a lower ICSEA may be able to access grant funding.