

## Manage Stress and Create Success

### Why book this course?

Teachers are under huge amounts of pressure in terms of both time and targets. This course provides strategies to manage the stress that can arise from these pressures as well as ways to move beyond survival by developing strategies for success. Delegates will get the chance to explore different tools and techniques to enhance and develop their teaching performance.

### What you will gain:

- Strategies to create goals that really work
- Excellent language skills to get the results you want
- Learn how to use questions to inspire creative thought
- Techniques to manage stress
- Flexibility to adapt to different student needs and situations

*"Clare is an excellent trainer who met the needs of the group with skill, professionalism and fun."*

CELIA JONES, DIRECTOR OF LLANDRILLO COLLEGE, RHYL

### About the trainer

Clare Martin is the owner of Newset Training. She strongly believes in the benefit of personal development for professional performance. Many of the strategies covered in the course focus on personal development of the teacher because developing a state of mind that is seeking excellence will without doubt enhance the quality of teaching and therefore student learning.



As a teacher herself she brings with her the knowledge and experience from the classroom together with her background in psychology, NLP and mindfulness meditation. Clare has worked as a trainer within schools and colleges on various courses which have supported, guided and inspired many staff.

*"Brilliant event! Well run and provided useful ideas to take away and try in the classroom."*

RUTH ELLIOTT, A-LEVEL BIOLOGY  
TEACHER



### Course outline

9:30-10:00	Registration, Coffee and Welcome
	Session One <ul style="list-style-type: none"><li>• What is success and how to achieve it</li><li>• Redefining your goals for success</li><li>• How to use language to get the results you want</li></ul>
11:30	Coffee
	Session Two <ul style="list-style-type: none"><li>• The art of listening and effective questioning</li><li>• Moving learners from problems to solutions</li><li>• Enhance creative thinking for teachers and learners</li></ul>
13:00-13:30	Lunch
	Session Three <ul style="list-style-type: none"><li>• Using body language to your advantage</li><li>• Three easy steps to managing stress</li><li>• How to motivate, relax or energise</li></ul>
15:00	Finish

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### Twilight, Half day or Full Day

The above programme can be delivered as a whole day event or as three separate workshops.

1. How to use language to get the results you want
2. The art of listening and effective questioning
3. Managing stress

All workshops provide opportunities to explore new ideas and techniques so that delegates are engaged and inspired to use them in the future.

Please feel free to contact Clare Martin via either email or phone:

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