

NQT Survive and Thrive

Why book this course?

The NQT year is an exciting and pressurised time. There is so much to take on board and relatively little time to do it. You hit the ground running and even with support from a good department there are still challenges to combat and overcome on a personal level. This course will cover how to create a positive work-life balance, manage stress when things build up and develop effective relationships with colleagues and students to get the most out of your first year.

After the course you will be:

- Confident to deal with conflicts
- In control of a work-life balance
- Using questions to inspire creative thought
- Turning all feedback into positive action
- Adapting effectively to different student needs and situations

"Very helpful! You raised lots of issues that I have been worrying about and given lots of ideas as to how I can best deal with issues. Thank you."

SUZANNE BAYLEY – WALLASEY SCHOOL

Attended a Newset Course May 2013

"Really useful session. It made me think about how to change the way I approach a situation as well as helping the pupils think more positively."

An engaging presentation with straightforward and easy to apply strategies."

STEPHEN HALL – SEDBERGH SCHOOL

Attended a Newset Course May 2013

Dates and Venues:

This course is run throughout the year at various venues, including:

- **Nottingham**
- **Bristol**
- **Colwyn Bay**
- **Manchester**
- **Reading**

About the tutor



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.



Course outline

9:30-10:00	Registration, Coffee and Welcome
	Session One <ul style="list-style-type: none">• A work-life balance – how to achieve it• Values and goals working together not conflicting• Perception of time and how to change it
11:30	Coffee
	Session Two <ul style="list-style-type: none">• Relating effectively with others when you least want to• Questioning techniques to support learners• Successful communication with colleagues
13:00-13:30	Lunch
	Session Three <ul style="list-style-type: none">• What pressure is and how to manage it• Accepting feedback, good and bad• How to motivate, relax or energise
15:00	Finish

Costs: £190 per delegate. £170 for subsequent delegates from same school

Booking onto NQT Survive and Thrive

To book onto this course please complete the booking form on our website: http://newset-training.com/booking_form_nqt.html and we will email to confirm as soon as possible.

Alternatively you can call 07811 356 283 for any booking enquiries. To secure any booking payment is required in advance of attendance.

All terms and conditions can be found on our website.