



# Pathways to Peace

Less stress, more energy, more job fulfilment, higher consciousness, better staff and student results, greater staff harmony, fun, joy, and ultimately finding more peace in all aspects of our lives.

“The journey of a thousand miles begins with one step.” - Lao Tzu

## Pathways to Peace

The Pathways to Peace course has been designed to empower teachers to find their own personal pathway to peace. Each staff member will have their own unique experiences along the way but everyone will be moving together towards greater wellbeing which means **less stress, more energy**, more job fulfilment, higher consciousness, better staff and student results, greater staff harmony, fun, joy, and ultimately finding more peace in all aspects of our lives.

This course isn't about arriving at a destination of peace, it is about cultivating more and more peace in each and every moment, every step of the way regardless of the circumstances or situations we find ourselves in. It is also about learning to come back to peace when we are off track.

We have so many answers but embedding these answers and solutions into our lives can sometimes be where we get stuck. Teachers will be provided with tips and techniques to reduce stress and improve their health and wellbeing, while also learning skills that will allow them to successfully make positive changes with regards to health and wellbeing both personally and within their classrooms. This course is about building a solid foundation, that teachers can continue to build upon at their own pace beyond the end date of the course.

**Happy adventures!**

### What's included:

- ▶ 18 plus hours of Teacher Elective Professional Development (optional activities are included within some modules)
- ▶ 8 self paced **research-informed** online modules: *Introduction, Learning about Stress, Be with Your Breath, Mindfulness & Meditation, Healthy Habits, Morning Routines, Quotes, Closing*
- ▶ Timetable templates for planning and programming purposes
- ▶ Module overviews with time allocations
- ▶ Experiential and practical learning activities for teachers and students
- ▶ Access to a teacher wellbeing community within the app
- ▶ Research-based information related to the course modules
- ▶ How the course maps to the Australian Professional Standards for Teachers (a list of Standard Descriptors are provided)

**Uncovering and discovering the peace within, not only supports teachers but it supports the students we teach.**