



## LOOK AFTER YOUR HEALTH & WELLBEING

Principal Class members are critical in the success of a school. Both APPA and VPA believe that you need to take the time to look after your health and wellbeing for yourself, your students, your school and to model effective leadership habits. This three day professional learning program for leaders includes five hours of individual coaching over six months. WEL would really work well in Networks. With coaches you are assisted over time to establish strategies and mechanisms to care for yourself as a leader and in turn your school.

### The WEL program includes:

- Three days of high quality professional learning
  - ✓ Day 1 Building Awareness of our environment
  - ✓ Day 2 Developing Strategies and Building Skills
  - ✓ Day 3 Looking after ourselves into the future
- A presentation about the Principal Health and Wellbeing survey data which highlights the real and urgent need for action in our workplace. Conflict resolution and managing tough conversations
- **Development of your own health and wellbeing strategy**
- This program supports you to sustain change over time through:  
**Five hours of individual coaching developing significant and sustainable improvements in your wellbeing.**

### Dates:

**28-29 May &  
16 October 2018**

**Cost: \$1300 (VPA Member)  
\$1750 (Non-member)**

**Small school (150) group  
discount available if 3  
principals sign up together,  
please see registration form for  
more details**

**Location: Geelong  
TBD**

### Ideal for your local network of principals. Minimum of 16

*This program is created and facilitated by Gabrielle Leigh, past president of VPA & AGPPA. She has significant experience in supporting and consulting with leaders around the state, understanding their context and in researching ways, including an international perspective, to enhance their leadership.*





Victorian Principals Association

## Tax Invoice - ABN 53 483 039 713

I register for Wellbeing Empowering Leaders (WEL)  
at Geelong Venue TBC

Monday 28 May, Tuesday 29 May & Tuesday 16 October 2018  
9.00am to 4.00pm

VPA member \$1300 (Inc. GST)

Non-member \$1750 (Inc. GST)

Small school (150) group discount if 3 principals sign up together  
\$1000 (Inc. GST) per member, \$1300 (Inc. GST) per non-member.

Name/s: .....

Position:  Principal  Assistant Principal

School: .....

Contact Ph. No: .....Email:.....

Dietary Requirements: .....

Cheques payable to "Victorian Principals Association"

EFT payments to Commonwealth Bank:  
Creditor Name: VPA BSB: 063 238 Account No: 10021838  
All EFT payments to be accompanied by remittance advice emailed  
to [soconnor@vpa.org.au](mailto:soconnor@vpa.org.au)

**Please ensure that a copy of the registration form is sent to your Finance area to generate the payment. The form is also to be emailed to [soconnor@vpa.org.au](mailto:soconnor@vpa.org.au)**

Credit Card  Visa  MasterCard Type of Card  Personal  School

Name on Card: .....

Credit Card Number

Expiry date

**A confirmation of your registration will be sent via email. There is a strict limit on numbers.**

Cancellation of attendance is required 10 days prior to workshop for reimbursement.  
Numbers are limited for effective group interaction.

Please RSVP to Sue O'Connor at [soconnor@vpa.org.au](mailto:soconnor@vpa.org.au) by Monday 14 May