



## 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:

**7-8 May &  
11 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: VPA Office,  
North Melbourne**

### 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

Wellbeing Empowering Leaders (WEL) at Unit 2, 13-21 Vale St North Melbourne

Monday 7 May, Tuesday 8 May & Thursday 11 October 2018  
9.00am to 4.00pm

- VPA member \$1300 (Inc. GST)  
 Non VPA member \$1750 (Inc. GST)  
 New VPA member within the last six months

- 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: .....

- 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)**

**Credit Card**  Visa  MasterCard **Type of Card**  Personal  School

Name on Card: .....

Credit Card Number

Expiry date

**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)**

Please RSVP to Sue O'Connor at [soconnor@vpa.org.au](mailto:soconnor@vpa.org.au) by Monday 23 April

**A confirmation of your registration will be sent via email. There is a strict limit on numbers.**  
Cancellation of attendance is required 7 days prior to workshop for reimbursement.  
Numbers are limited for effective group interaction.