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## WELLNESS WORKSHOPS FOR SCHOOLS

These workshops will assist staff to further develop their overall health and wellbeing.

Your school's wellness coordinator will receive two days of intensive training on how to create a "wellness promoting school" including instruction on how to:

- Set up a local committee, if required,
- Develop a whole of staff 'wellness' strategy, and
- Facilitate appropriate wellness activities

ACHPER QLD will continue to provide FREE support through Term 4 of 2009 and Term 1 of 2010 via your schools "wellness coordinator" to ensure successful implementation of the school wellness strategy.

A suitable "Wellness Coordinator" could be a teacher, administrative staff member, other staff member or a P&C member. The school wellness coordinator will require the following qualities:

- Good understanding and interest in health and wellness
- Ability to communicate and involve other staff in planning and undertaking wellness activities
- Credibility regarding own work/life balance and health
- Willingness to attend the two day training
- Willingness to provide feedback on activities to ACHPER project officer
- Desire to make a positive difference

The Queensland College of Teachers has indicated that the training can be used by teachers as part of their annual professional development requirement.

### Workshops will be delivered in the following locations throughout August:

Cairns	10 & 11 August	Cairns PCYC
Townsville	13 & 14 August	Barrier Reef TAFE
Bundaberg	17 & 18 August	Bundaberg PCYC
Sunshine Coast	20 & 21 August	Currimundi Recreation Centre
Gold Coast	24 & 25 August	Beenleigh PCYC
Warwick	27 & 28 August	Warwick TAFE

To register, complete and submit the attached registration form to  
[achperadmin@achperqld.org.au](mailto:achperadmin@achperqld.org.au) or fax to 3895 8166

ACHPER QLD is delighted to have engaged Rod Lees as Project Coordinator and Workshop Facilitator. Rod has extensive background in teaching and social work. He is also a registered fitness instructor and personal trainer. In addition, Rod is a member of the management committee of the National Wellness Institute of Australia and works as a consultant on wellness to both government and private enterprise.