

## Term 3 Mini-Conference

### *Teachers Matter - Looking After Us* *The Theory and Practice of Self-Care*

Thursday 2 September 2021 4-7pm (Adelaide time)  
Proudly hosted by University Senior College



This event will focus on teachers and school leaders, and provide tips and strategies for embedding self-care practices into the school year

## Program

### *Self-Care Strategies for School Staff*

**Angela Falkenberg**

President, South Australian Primary Principals' Association

### *Growing Our Resilience*

**Matthew Iasiello**

Researcher, Wellbeing and Resilience Centre, SAHMRI

*The Yin and Yang of Self-Care and Self-Compassion  
in Teachers' Personal and Professional Lives*

**Dr Leigh Burrows**

Senior Lecturer, College of Education, Psychology and Social Work, Flinders University

*Managing the Rhythms of the Year*

**Emma Grave**

PESA Director and Deputy Principal, Seymour College

*Time for Some fun...*

**Hands-On Workshops**

Facilitators: Nadia Lovett, Jenni Cook, Elizabeth Mann

*The Magic of Sleep*

**Dr Crystal Yates**

University of South Australia

*Developing a Personal Self-care Plan:  
Commitment to Action*

**Emma Grave**

PESA Director and Deputy Principal, Seymour College



We will conclude the afternoon with a raffle, refreshments, and an opportunity to network with colleagues and reconnect with old friends.

*All welcome!*

**Click here to reserve your place**

PESA Members \$10

PESA non-members \$35 (includes one-month trial PESA membership)