

# STOCKPORT NASUWT

## NQT SEMINAR 11th October 2018



Thursday 11<sup>th</sup> October, Alma Lodge Hotel, Buxton Road, Stockport, SK26EL

This annual event is organised by the NASUWT in conjunction with the Local Authority and is part of the Stockport NQT induction programme. The aim is to provide new teachers with advice and support that will help them in their early stages of teaching and will complement the rest of the induction programme. Feedback from last year's seminar was very positive with 80% of participants rating the whole event as very good and a similar number rating both sessions as extremely useful.

### Programme

#### 12.45 – Registration and Buffet

#### 1.00 – 1.30 Understanding the Teachers' Pension

Presented by John McMillan: Senior Financial Consultant

A guide for new teachers presented by Wesleyan Financial Services. This is a brief but essential presentation explaining the provisions of teachers' pension and possible changes and reasons why teachers are strongly advised to remain in the scheme. It will also touch on financial planning for the future and participants will have the opportunity to request further information and advice.

#### 1.30-3.30 New Teacher Wellbeing

Presented once again by Walter Brennan, a leading mental health specialist and a highly entertaining and informative speaker. This session will look at the importance for effective teaching and learning of positive mental health. It will introduce participants, through group work, to simple exercises that can be used to promote mental wellbeing and positive mental health.

The session will explore, in a practical and entertaining way, the concepts of resilience, self-esteem, assertiveness and mindfulness. The meaning and causes of teacher stress will be examined and practical steps suggested reducing and managing stress and increasing resilience, helping teachers to survive and thrive in the classroom and become more effective practitioners. Participants will be given a workbook including all the exercises so that the skills taught can be reinforced over the next few months.

*Applications for this seminar should be made through the Stockport Authority's "Learning Leads" website. [www.connect.learningleads.org.uk](http://www.connect.learningleads.org.uk)*



<http://stockportnasuwt.org/>



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