

3 Reasons why teachers benefit from Brain Gym® exercises and well-being strategies to reduce stress and improve health and performance at work...

Reason # 1 - It is a more demanding teaching environment

Heavy workloads, classroom management issues and a lack of collaboration and support have been recognised as the main reasons why teachers leave the profession. Plus, the extra hours that teachers put in over and above the standard school day are often invisible, with teachers spending on average more than 47.5 hours per week on school related activities.

Reason # 2 - The physical and emotional demands of the industry are taking its toll

Research suggests many long serving teachers are also retiring early feeling utterly spent. The demands of the job simply become too much. Fatigue, illness, mental problems, anxiety, isolation, intolerance and loneliness have been identified as contributing factors to teacher stress. This is also showing up in work-related mental disorders, with teachers one of the top three occupations at most at risk (15%).

Reason # 3 - Failure to retain the best teachers

A concerning number of teachers who walked through the school gates last year in Australia didn't return this year. Researchers estimate around 30-50% of teachers are leaving prematurely in the first 5 years of their career. The latest figures from ABS also suggest that 53% of people who hold a teaching degree do not currently work in education.

What is going to set schools apart into the future?

Investing in staff well-being is essential to tackling these challenges. Research shows when teachers and staff members are healthy and well, they are more committed to the school, and more satisfied with their life, and their jobs. Teacher wellbeing is also deeply connected to the quality of their work and student outcomes.

When teachers and staff believe they are cared for, and have an opportunity to develop personally and professionally in their roles. To be their best self every day – and contribute their skills and gifts to something that matters – our future generations.

Here is what our attendees say!

"I use Brain Gym® with my students and it greatly improved their concentration and focus on their lessons. On a personal level, the greatest success I've had is with my own daughter. A reluctant reader and a quiet student, Brain Gym® has been instrumental in greatly increasing her self-confidence. She has improved in all academic areas and is a happier child. I strongly recommend Brain Gym to all." Joanne, Teacher

"A process of learning 'above excellent'! I have no hesitation in recommending in the Brain Gym 101 program." Brain Gym is an efficient way for people to quickly formulate and achieve their goals." Ben, Psychologist

"Since attending the Brain Gym 101 course, marvellous things seem to have happened to me. I certainly feel much happier with my memory – the ability to recall information seems much easier. I feel less tired and certainly more confident, not only with my study but in everyday situations." Vicki, Nurse

For more information phone Enza Lyons on 0413 697 692 or
visit: <https://www.naturaltherapypages.com.au/connect/enza-lyons/about/wellness-coach-kinesiologist-brisbane>