



International School Manila

PROFESSIONAL LEARNING

In partnership with



EARCOS Sponsored Weekend Workshop Realising the Potential of School-based Wellbeing

January 27-28, 2018 at International School Manila, Lofthouse

Presented by Dr. Tom Nehmy

Target Audience - Leadership, Counselors, Grade Level Team Leaders, Classroom Teachers



International School Manila is inviting you to come and join us for a 2-day weekend workshop with the Founder and Director of the *Healthy Minds Program*, Dr. Tom Nehmy.

Like our physical bodies, we want our minds to be healthy and free from disease or disorder. But while we readily know what our bodies need: regular exercise, a balanced diet, oral hygiene and bicycle helmets, to name just a few; we rarely know what to do to be healthy in our minds. Having a healthy mind means being able to be our best in school, work, and life.

The Healthy Minds Program is a cutting-edge approach to preventive psychology: building resilience, wellbeing and performance. It is the world's first psychological skills program demonstrated to prevent the onset of symptoms of depression and anxiety while also reducing risk for eating disorders. It teaches the specific skills associated with emotional wellness and resilience. Come learn with Dr. Tom Nehmy how you can develop and sustain a school-based wellbeing program to support the growth and development of the adolescents in your community.

Key Outcomes:

- Mental health priorities for adolescents
- The key psychological skills we can teach our students to help them thrive
- Helping students and faculty discover the importance of resilience and wellbeing
- Supporting students with negative affect
- Parenting for resilience
- Stress, and how can it help us perform
- Building and sustaining a school culture of support and connectedness
- Working together with key school personnel for referral and implementation

REGISTRATION

[CLICK HERE FOR PAYMENT & REGISTRATION \(via EventBrite\)](#)

Workshop costs*:

US\$75 (EARCOS Members)

US\$ 175 (Non-EARCOS Members)

WORKSHOP DETAILS

MORE INFO ON PAGE 2

HOTEL INFORMATION

MORE INFO ON PAGES 3-4

*Additional fees apply for EventBrite transactions

Weekend Workshop Schedule:

Day 1 - Saturday, January 27

8:00-8:30	Registration and Breakfast
8:30-10:00	Exploring the 'Why?' of School-based Wellbeing
10:00-10:15	Morning Tea
10:15-11:30	Theory, Research & Evidence, and Introducing the '3 Golden Keys'
11:30-12:15	Lunch in the ISM Kantina
12:15-1:45	Psychological Skills Part 1 - Tackling Perfectionism
1:45-2:00	Afternoon Break
2:00-3:30	Psychological Skills Part 2 - Thoughts and Feelings

Day 2 - Sunday, January 28

8:30-10:00	Psychological Skills Part 3 - Media Literacy in an Image-Focused World
10:00-10:15	Morning Tea
10:15-11:30	Psychological Skills Part 4 - Learning Helpful Thinking
11:30-12:15	Lunch
12:15-1:30	Psychological Skills Part 5 - Gratitude, Self-Compassion & Values
1:30-1:45	Afternoon Break
1:45-3:00	Activating the Skills & Building School Connectedness

ABOUT TOM NEHMY



Dr Tom Nehmy is a clinical psychologist with over 10 years' experience. His passion is preventing psychological problems in people of all ages while also enhancing resilience and wellbeing. His doctoral research in developing the Healthy Minds Program produced the world's first prevention program to prevent the onset of symptoms of depression and anxiety while also reducing risk for eating disorders.

He was subsequently awarded the 2015 Flinders University Vice-Chancellor's Prize for Doctoral Thesis Excellence.

Tom currently works with companies, schools and professional organisations to help them build psychological skills for mental health, wellbeing and resilience. He is a prolific public speaker and corporate trainer - more than 10,000 people have attended his workshops, training programs, invited keynote addresses, and conference presentations across Australia and overseas.

For more information, you can visit his website at <http://www.healthymindsprogram.com.au/about/toms-story>

HOTEL INFORMATION

RECOMMENDED HOTELS

ISM is not directly affiliated with any hotels for this event, but we have partnered with some hotels within the vicinity and you may contact these hotels to ask for our special rate.

SEDA BGC

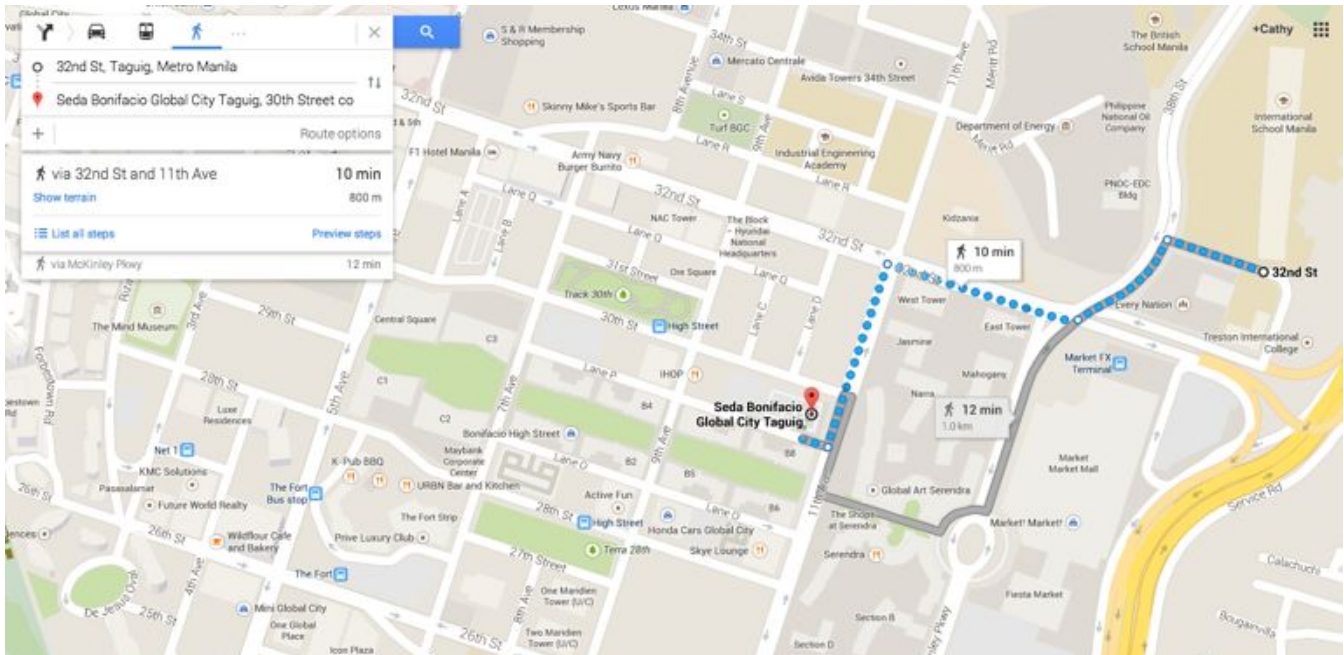
Hotel Website: <http://www.sedahotels.com/bgc/>

Contact **Mr. Jordan Manalo** at manalo.jordan@sedahotels.com

Please note that our corporate rate is not available as a discount code when directly booking at the hotel's website, but will only be given to you if you email the hotel's account specialist and mention your attendance in ISM's workshop.

MAP FROM SEDA TO ISM Gate 3:

Hotel Address: 30th Street corner 11th Avenue, BGC (10 minute-walk to ISM)



HOTEL INFORMATION

F1 HOTEL BGC

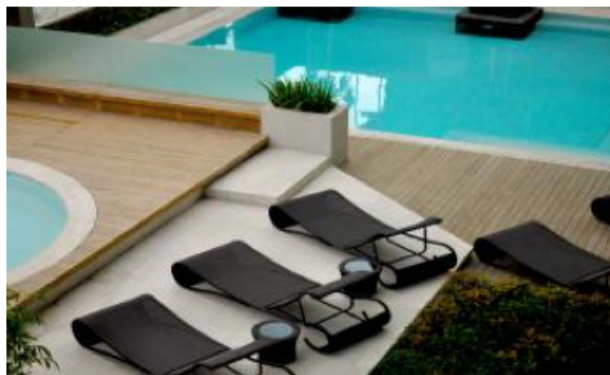
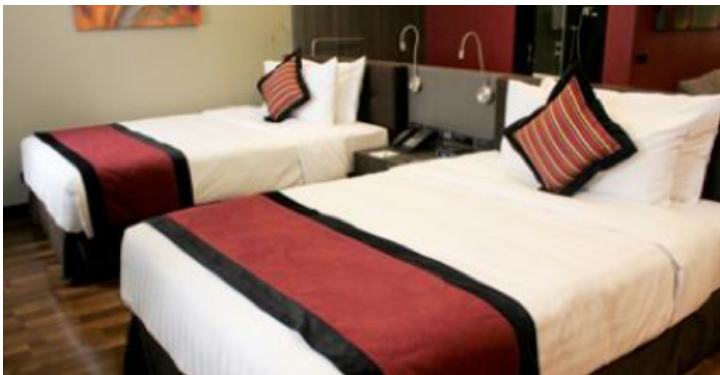
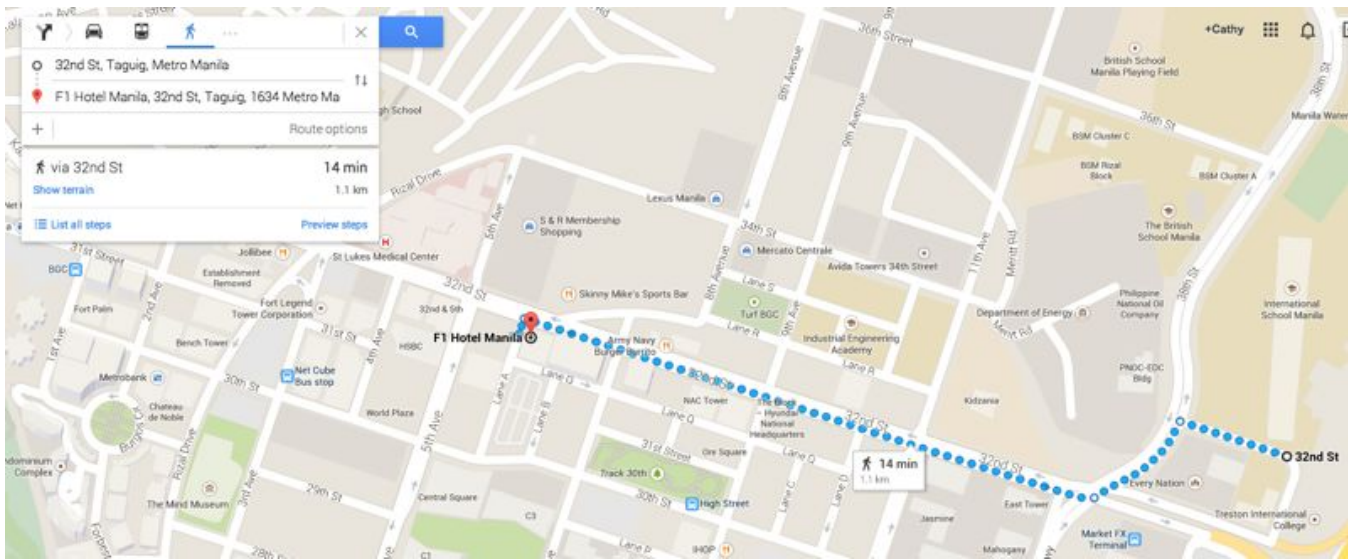
Hotel Website: <http://www.f1hotelmanila.com/>

Contact **Ms. Jennifer Esguerra** at jennifer.esguerra@f1hotelsandresorts.com

Please note that our corporate rate is not available as a discount code when directly booking at the hotel's website, but will only be given to you if you email the hotel's account specialist and mention your attendance in ISM's workshop.

MAP FROM F1 TO ISM Gate 3:

Hotel Address: 32nd street, BGC (14 minute-walk to ISM)



CONTACT THE ISM LEARNING OFFICE

If you have any questions or need any other assistance, please do not hesitate to contact us.

Email Learning@ismanila.org or TuasonP@ismanila.org

Telephone (63) 2 840-8410

For more learning opportunities, visit our website at

<https://sites.google.com/a/ismanila.org/ism-professional-learning/>