**ELEMENTARY SCHOOL**

**MANAGING STRESS WORKSHOP REPORT**

MARCH 2013

**Overview:**

Approximately 20 teachers and staff, including the Principal, attended the 4-hour workshop, held over two days.

Day 1: Focused on rejuvenating teachers. The strategy was for participants to explore the nature of stress in their personal and professional lives. This was contrasted to finding relief from stress through a meditation technique known as SARM. Participants were given the opportunity to speak about the issues they face, and how to manage the stress they experience in their daily lives.

Day 2: Focused on how SARM© techniques can help individuals create a collective atmosphere that is dynamic, creative, intimate, harmonious and developmental. We directed the participants’ attention to the qualities of the group. Participants noticed such group qualities as safety and support as well as an atmosphere that allowed them to trust each other. From here we extrapolated our experience into the classroom setting - in particular how this would free them as teachers, and benefit students. Lawrence Carroll shared his own experience of introducing the SARM© Technique into his classes.

The results of the workshop can be read in FIGURE 1 and FIGURE 2 on next page. I draw your attention to the overwhelming agreement (and strong agreement) by participants to the questions posed in FIGURE 2. These results, along with the participants’ comments, indicate that the group found the techniques and presentation valuable and relevant to their occupational duties as teachers and counselors.

It also indicates the participants’ willingness to share the techniques with their students to help manage stress.

**FIGURE 1 – SURVEY RESULTS**

**FIGURE 2 - SURVEY QUESTIONS**

**AFTER THIS WORKSHOP I:**

1. Better understand the sources and effects of stress
2. Have more insights into managing stress
3. Will be able to manage stress better
4. Have learned valuable techniques to help handle difficult situations
5. Will use the techniques I have learned in my personal life
6. Have insights how stress affects my teaching
7. Have insights into how stress affects learning in the classroom
8. Better understand how to manage stress in the classroom or work-place
9. Believe the techniques learned here could have a positive effect on school climate
10. Believe the techniques learned here would help students’ behavior
11. Believe the techniques learned here would help students’ motivation
12. Believe the techniques learned here would help students get better academic results
13. Will introduce the techniques I have learned to my students

**WORKSHOP PRESENTATION**

1. I would recommend this workshop to a friend or colleague
2. I would attend other workshops or presentations by this presenter

**PARTICIPATION OF GROUP:**

The group remained focused and enthusiastic through the four hours of discussions and activities. Comments from participants included the following:

* I am a special education teacher and interested to use this to help my students
* I believe the school climate will be calmer for students and staff and a happier place to be on a daily basis from what I learned here
* I would like to learn more about introducing meditation to students
* This workshop has re-motivated me
* Using the techniques you taught us would reduce the overwhelm and stress at school
* I see a possibility for teachers to be more supportive to each other. These techniques show us a new possibility. Thank you!
* I now see the school climate could have trust, understanding and be a happy place to be and learn
* I think this would help kids who are stressed out
* This would empower students to have more control over their behavor
* Wonderful workshop! Thank you!
* This technique will improve morale, communication and relationships in the school. We need it!
* If the whole school did this it could have a positive impact
* Thank you for coming and supporting our school faculty and staff
* The positive energy from this workshop will flow onto other members of staff and the children
* Thank you for the experience. You have given me a gift!
* Using your techniques morale, teacher-teacher relationships, classroom management and teacher-student relationships would improve
* This has come at a time when I am personally and professionally overwhelmed and struggling with anxiety and panic attacks. This is invaluable to me.

**OTHER SERVICES AND WORKSHOPS**

The following services are for ongoing support to staff, parents and students.

* One-on-One coaching;
* Introducing SARM© into the classroom – demonstrations for teachers and their classes
* Workshops on classroom management, motivating students, dynamic lesson plan formats, and establishing positive behavior practices in the classroom
* Conference calls
* Guided SARM© meditation instructions and mp3 audios can be purchased at <http://www.awakenteenleadership.net/products.html>