

The **Wellington Literacy Association**

has great pleasure in hosting the workshop

Harnessing **THE POWER**

OF YOUR sub conscience

with **Ross Gilmore**



www.gilmourconsulting.co.nz

Teachers usually know what they should be doing to maintain a good work/life balance, but they often find there is a gap between their good intentions and actions. This presentation explains why this gap occurs and how people often unintentionally programme their subconscious to keep them stressed, even though the outcomes can be bad for them. Some key rules that the subconscious works to are outlined and participants are taught how to programme their subconscious so that it works for them, not against them. Participants will also learn how to apply the strategies and skills to enhance their teaching skills and to be more successful at achieving work, private life, relationship and sporting goals.

Workshop presenter:

Ross Gilmore is a Human Factors Consultant. Ross worked as a clinical psychologist for several years and this work included treating people for stress, anxiety and burnout issue. He then moved into organisational work and conducts training programmes throughout NZ and overseas in the people skills areas. These include: stress, safety, sleep, change management, leadership, teambuilding and changing organisational cultures.

Date: 14 March (Thursday) 2019

Venue: Te Aho O Te Kura Pounamu
The Correspondence School
11 Portland Cres, Thorndon.

Cost: **WLA members - \$20.00**
Non-members - \$35.00

Time: 4.30pm – 6.00pm

AGM: Wellington Literacy Association
6.15pm – 7.30pm

TO ENROL, PLEASE EMAIL YOUR NAME, SCHOOL AND THE NAMES OF TEACHERS ATTENDING TO Melinda: wgnlitassoc@gmail.com