

# Pressure and Resilience

## Developing staff wellbeing with Christopher Shaw

"We had such a great day with you. I got nothing but great feedback about your day. Staff are saying they are sleeping better. I can't thank you enough."

Caroline T-Walmsley, Headteacher, Watford



**Christopher Shaw** is a **Tai Chi** instructor and his passion is teaching simple exercises that can be hugely beneficial to staff wellbeing. Christopher draws on his experiences to show how awareness of breath, body and our reactions to situations can build resilience and develop a greater sense of wellbeing. Expect moments of warm fuzziness, and the odd light bulb moment!

"Throughout felt warmer and more quiet and peaceful"

C. Hobson, Whiteheath Education Centre

The **Pressure and Resilience** workshop with Christopher Shaw is designed to:

- ) Be fun, informative and make people smile
- ) Enhance the immediate wellbeing of staff, promoting calmness and restful nights. The ideal way to begin or end term.
- ) Give staff exercises to enable them to find their center and connect into a balanced state of being.
- ) Give staff a taster of exercises including tai chi, yoga and meditation which could be of long term benefit to them.
- ) To increase staff awareness of their own and other's stress 'triggers'.
- ) To foster greater group cohesion and sensitivity to other's needs.
- ) To have moments of warm fuzziness.

## **Building individual resilience**

Staff will be taught practical skills to centre and tap into their parasympathetic nervous system - to move from a stressed to a calm state. Some practical exercises can be initiated at a moment's notice when feeling pressurised, others are meditations for break times to 'power up'.

Staff are encouraged to notice their stress triggers in a safe relaxed way, and rather than 'fight and flight', centre and make friends with that part of themselves.

More is gained though dealing effectively with pressure than avoiding it. Staff will learn to become more aware of their triggers and how they react to situations.

"Enjoyed the day, felt calm and relaxed. Importantly felt all stress leaving my body - will use these techniques on a regular basis"

Jo Robertson, Teacher, High Wycombe

## **Building team resilience**

Building greater awareness of each other's strengths and weaknesses is necessary for healthy team dynamics. Staff play a number of games such as 'the caterpillar' and 'lead and follow'. These develop their connections to each other. 'Lead and follow' requires one person to be sensitive and respond to the movements of the other, to have their full focus and attention on their partner.....with their eyes firmly closed!

## **Cost effective training from £300!**

A half day workshop costs £300 plus travel expenses, a day is only £500 plus travel. This could prove to be a very cost effective intervention.

"A very enjoyable and relaxing way to start the new academic year"

Colleen Oldham, Teacher, Cumbria

Please contact **Christopher** to arrange a session for you and your staff:

Christopher Shaw

07796 554 710

chris\_p\_shaw@talktalk.net

www.tai-chi-therapy.co.uk

## Proposed Wellbeing Day: [REDACTED] With Christopher Shaw

9:00 – 10:30      Session 1

- \*      Awaken the body: Shaking, tapping and swinging the limbs to release tensions and stimulate circulation
- \*      Chinese Yoga: Calming the 'racing' mind by tuning into the body
- \*      Click in to para-sympathetic nervous system: Concentration/breathing
- \*      How do we deal with pressure? Partner exercises and discussion

10:30            - Break –

10:45 – 12:00      Session 2

- \*      Tai Chi: How intent, fluidity and softness affect us
- \*      Guided meditation: Lying down on mats in sleeping bags

12:00            - Lunch -

13:00 – 14:15      Session 3

- \*      Review of Morning: Awaken, 'click in', and partner exercises

14:15            - Break -

14:30 – 15:30      Session 4

- \*      Connection and pressure games
- \*      Seated guided meditation

15:30            - End of session –