



The British Columbia Teachers' Federation
"Vitality" project presents...

Living with Balance

a program for BC Teachers

Practical skills and strategies to attain goals toward **work-life balance**

This six week group program will provide opportunities for:

- learning practical skills and strategies to attain goals toward work-life balance.
- recognizing common barriers and learning new thinking styles.
- identifying tools and strategies (based on scientific research) that are effective in building long lasting resiliency.
- defining work-life balance and healthy boundaries.
- understanding the effects of work-life balance.
- realizing the importance of diet and exercise for sustainable health.
- learning about the benefits of employee-assistance providers and community resources.
- resolving conflict and learning non-defensive communication skills.

Program details:

- 12-hour group workshop which typically meets once a week for two hours.
- group consists of 10-15 teachers and 1-2 group leaders.
- leaders are qualified occupational therapists or trained consultants in mental health — knowledgeable of classroom environments and the teaching profession.

Past participant testimonials:

This course should be mandatory for all teachers. The first class has opened my eyes to the fact that "I" am important and "I" need to take care of me — no one else will. Along with this I've learned how to monitor and change my behaviour and thinking to foster this!

If not for this course, I might very well have wallowed in an unhealthy state until I slipped out of teaching. I now look forward to charging forth until I hit retirement running.

It is encouraging to have help so readily available. I have been exposed to numerous and varied alternatives to my situation. I will endeavour to implement these changes in the coming days. Thank you!

Vancouver Series

Mondays 4:00-6:00pm

**at VSTA/VESTA Office
2915 Commercial Drive**

April 1, 8, 15, 29

May 6, 13

snacks provided



British Columbia
Teachers' Federation

**Please
register in one
of these ways**

1. Online at www.bctf.ca/forms/LWB-registration.aspx
2. E-mail your registration to lwb@bctf.ca
3. Fax your registration to 604-871-2287