


## Emotional Assertiveness ® for Schools

These days, many of us are feeling the emotional strain from national disasters and the global pandemic. Working & studying from home, online fatigue, and uncertainty in many aspects of our lives creates the perfect storm for emotional challenges for ourselves and the people who depend upon us.

Schools are no different, with reports of increased incidents with students displaying anxiety, aggression and a general lack of respect towards teachers. The Emotional Assertiveness ® for Schools' program will be the cornerstone to supporting students to manage their own emotions and behaviour and improve their sense of connection with their peers, teachers, and school community.



This program is **NESA accredited**. For every student to be safe, respected and achieve their personal best, students need to know how to express their emotions together with clear thinking. This course was tailored to help teachers facilitate a student's ability to express his or her emotions in a healthy way. Teachers will learn to interpret what the real emotion is behind a student's negative behaviour. This in turn promotes the student to develop and maintain healthy and productive school, peer, and family relations, essential for survival in times of distress and pivotal for sustained academic learning.



The Emotional Assertiveness ® for Schools' program provides a whole package of resources, tools and skills for both teachers & students

**Emotional Assertiveness ® Fundamentals program: Teachers will be trained how to have:**

- Greater ability on reading & understanding student emotions.
- Improved skills on how to communicate & connect with students.
- A set of resources & tools to address difficult student behaviour including when a student displays lack of respect for their school and teacher.

**Structure: (2 1/2 Hours)**

Face to Face at the school or via online webinar.

**Testimonial:** \_\_\_\_\_

"Emotional Assertiveness course delved deep into our emotional experience and made sense of it. Excellent facilitator, respectful, knowledgeable and approachable. Enjoyed the activities and movies. Loved it, thank you!" - Child Psychiatrist Calum Campbell QLD Hospital

## Objectives for teachers:

1. To acquire a basic knowledge of Emotional Intelligence and Emotional Assertiveness.
2. To understand the mechanisms responsible for student emotional issues, failures and difficulties in and out of the classroom.
3. To improve ability to listen to your own and students' emotions, to understand them, to anticipate their impact on lives and on health and wellbeing.
4. To deal with emotions and negative behaviour in a healthy and authentic way.
5. To improve ability to build healthy, reliable and meaningful connections with students including when respect is not being shown towards teachers.
6. For teachers, students and parents to be speaking the same 'Emotional Intelligence' language.

## Method: Pandemic friendly training

The program has been designed to inform and train teachers on the course outcomes. Teachers then assist their student groups through the Emotional Assertiveness ® instructor lead course.

The program will be a blend of face to face training on the school premises or live webinar training for teachers, school executive. Teachers then attend the remaining training with student year groups whilst their students learn, explore and share their learnings.

Teachers & students will be invited to watch videos that will be discussed as examples. Activity sheets will be handed out for individual and teamwork.

Opportunity for teacher and student volunteers to role play current school behavioural challenges and be trained to demonstrate best practice on how to address these problems.

## Numbers and hours:

This program has been developed to cater for large groups of training for teachers and primary or secondary schools. Conducted as face to face training on the school premises or via live webinar to each classroom.

Groups of up to 150 students per training session works well. All projector & sound equipment can be provided by Training Lab for the face to face training in the school hall, library or chosen location.

**Face to Face on school campus:** Total 3 days

**Teachers:** Initial training 2 ½ hours with follow up

**Students:** 3 x 1:20 min sessions over 3 days. 4hrs total

## Supporting Materials:

Access to online shared resources including Emotional Assertiveness ® characters, cheat sheets. Wall and floor 'Feelings Wheel' resource package. Restorative practice (discipline) and other activity sheets to support students' understanding on their emotions at the time of an incident. \* all resources are provided digitally.

Option to add on a Micro Learning Management System (reflective app) that drip feeds training to a teacher and/or student's email to improve sustainability of skills. Extra charges apply app. Schools can nominate if they would like corporate sponsorship to fund \* conditions apply.

## Notes:

- Attendance of the teacher and student training is required to receive the NESA accreditation.
- This program is about general resilience and applied emotional intelligence skills. The program is not intended to offer coaching or therapy. Participation of school councillors is recommended.
- This series does not certify teachers to train or present the material.

## The students' program (1:20 mins x 3 sessions = 4 hrs per year group)

### Students will learn life skills to:

- Have awareness and understanding of their emotions.
- How to express their emotions in an appropriate manner.
- Improve emotional and mental resilience.
- Manage conflict with peers and teachers.
- Improve self-worth.
- Understand the impact of their actions & behaviour.
- Have a greater sense of belonging.

### The 4 hrs learning for students includes:

1. What are emotions, evolutionary context.
2. Defining and understanding relationship drama.
3. The model and the four emotions, happy, anger, sadness & fear expressed healthy & unhealthy.
4. Emotions, time and situational awareness.
5. Differentiating between authentic and unhealthy expressions (Attack, Blame, Victim).
6. Anger, Sadness and Fear as coverup emotions.
7. Identify your own patterns.
8. Apply the model to address generic case studies.

# Emotional Assertiveness ® for Schools

## What's next:

Register a school's interest and dates. Available to all states. \* Dates depend on geographical area & cluster of schools or contact (61) 0421 005 177.

## Register:

[www.traininglab.com.au/emotional-intelligence-for-schools](http://www.traininglab.com.au/emotional-intelligence-for-schools)

## Costs:

The cost of the school package caters for school budgets and administration requirements. Opportunity for sponsorship through training credits is available.

**Please contact Training Lab for further information.**

**(+61) 0421 005 177 or  
info@traininglab.com.au**

## Feedback: \_\_\_\_\_

“Emotional Assertiveness ® has been such an enlightening course to help me understand myself and others better, allowing me to do what I do and be better. Rank this seminar 10/10 as being useful for me personally & professionally.” Assistant Principal Rural NSW public school. May 2020

“Emotional Assertiveness ® content was meaningful and relevant. Professionally and personally I rank this course 10/10. A positive insight into what makes up behaviour.”

— Anaesthetist Elizabeth Chye South Australia Hospital | May 2020



**YouTube videos on**

[Emotional Assertiveness ® for Teens & Adults](#)  
[Emotional Assertiveness ® for Children](#)



**Emotional Assertiveness  
International Ltd.**

## **John Parr MSc, Author of the Emotional Assertiveness ® Model**

John began his career in electronic engineering and has worked as a Human Resource Manager for international companies. He has managed his own consulting business since January 1988 and has an impressive list of client companies, mostly multinational. He specialises in designing tailor-made training solutions for his client companies. He is recognised for his work in the fields of Emotional Intelligence, Communication Skills and Stress Management.

He developed the Emotional Assertiveness ® Model at the end of the last millennium. At that time, he was a Transactional Analyst, Psychotherapist and Trainer. The advent of the model was prompted by his awareness that knowing about the importance of being Emotionally Intelligent was not enough. He recognised the need for a 'here's how to' model. He first applied his model as a therapist and saw how quickly people 'got it' and were enabled to apply it in their lives. This led to his master's degree on the topic and his model was published in his Thesis. Later he developed it for upskilling people in all aspects of human relationships, personal and professional. He calls the model, "The thinking person's guide to emotions."

[John Parr MSc LinkedIn](#)

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# TRAININGLAB



## Corinne McDevitt Master Trainer & Founder of Training Lab Est 2009

Corinne McDevitt is the founder of Training Lab and is a master trainer in the Emotional Assertiveness ® program. She has been selected as a senior consultant to federal and state government departments, leading corporate organisations, clinical industries and now schools to work with their executive, staff and youth to improve communication, conflict, performance and well-being. The programs Training Lab has specialised in have been used by companies such as NASA, IBM, Coca Cola, General Finance and Audi and movie producers.

Corinne completed a bachelor's degree double major in marketing and Japanese and was awarded a scholarship to undertake in three countries, Australia, America and Japan. Was interviewed by the Daily Telegraph for having successful outcomes with high needs students at TAFE. Awarded local TAFE trainer of the year.

As well as training, she has also spoken at national summits and on radio in Australia to raise awareness of ways to address emotional & mental wellbeing & how to build resilience for professionals and students. Through powerful training skills, her focus is to help adults and children to manage stress and to enjoy their work, school and home life more.

### CONTACT:

Mobile: +(61) 0421005177

Email: [corinne@traininglab.com.au](mailto:corinne@traininglab.com.au)

[www.traininglab.com.au](http://www.traininglab.com.au)

[linkedin.com/in/corinnemcdevitt](https://www.linkedin.com/in/corinnemcdevitt)

Register interest: [www.traininglab.com.au/emotional-intelligence-for-schools](http://www.traininglab.com.au/emotional-intelligence-for-schools)

### Accreditation includes

- NSW Education Standards Authority NESA accredited business.
- Performance and Management Services Scheme full applicant.
  - a. Training Lab's reference number is 664521 to supply professional services, including training & consultancy, to NSW Government.
- Certificate IV in Training and Assessment Full version.
- Vendor numbers government: NSW Department of Education & NSW Transport.
- Working With Children check.



[www.traininglab.com.au](http://www.traininglab.com.au)