



FIRST AID FOR STRESS

TEACHERS & EDUCATORS

30 minute program

Overview: Quick stress reset for busy Teachers on the go

First Aid for Stress is a fast, practical 30 minute session that gives Teachers and Educators science backed tools to reset and regulate stress in real time.

From classroom to staffroom, educators walk away with easy, hands-on strategies that work in under a minute.

Program Topics

- How the body holds stress – and how to interrupt the cycle in 60 seconds or less
- Why your nervous system needs a “circuit breaker”, not just positive thinking
- How to recognise early warning signs before they spiral
- Experience and practice at least 5 evidence informed regulation tools, all designed to be quick and discreet

Program Benefits

- Improves teacher wellbeing and resilience, reducing burnout and emotional fatigue
- Equips educators with in-the-moment regulation tools they can model and teach to students
- Creates a calmer, more responsive classroom environment, improving behaviour and engagement
- Strengthens school culture by normalising proactive stress management and self-care
- Supports whole school mental health strategies with practical, evidence based techniques

Inclusions

- Confidential pre course interview – this will assist in tailoring content and addressing core issues
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace First Aid for Stress Action plan

Delivery Format

- Face to Face Delivery
- 30 minutes
- Interactive
- Relaxed and engaging training style

Learn More

www.fasttrainingaustralia.com.au
07 3067 9070

Ask how you can get this program free when you book First Aid Training