

The ProActive Education Group

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Training topics and price list for learner and parent talks, staff development workshops and specialised workshops

Prevention through education

Topics for learner talks – R 2 000.00 per 1-hour talk

Please choose one option

<u>Grade R - 4</u>	<u>Senior primary Grade 5-7</u>	<u>High School</u>
Challenges facing junior school learners – respect, Good and bad touches, bullying, healthy body	Anger management/Peer victimisation	Challenges facing learners – respect, peer victimisation, cyber bullying, cyber safety, pornography downloads
Bullying and peer victimisation	Drugs and alcohol – (Caps/IEB Syllabus)	Peer victimisation (Bullying) and anger management
An introduction into the cyber world and cyber safety	Cyber safety and cyber bullying	Dangers of Steroid abuse and supplement abuse
	Challenges facing teens (A general eye opener for teens)	The dangers of drugs abuse and the different types of drugs
	Puberty and sexuality (Gr 6 and 7)	Cyber safety and cyber bullying, including nude selfies and pornography
		Teen sexuality and gender respect

Parent topics - R 2 000.00 per 1-hour talk

<u>Topics for primary school parents</u>	<u>Topics for High school parents</u>
<ul style="list-style-type: none">• Peer victimisation and how do I help as a parent• Parents as role models• Cyber bullying and cyber safety• Drugs• Elementary sexuality (Keeping your child safe)	<ul style="list-style-type: none">• Peer victimisation and how do I help as a parent• Anger management• Teen sexual behaviour• Cyber safety and cyber bullying• Alcohol and drug abuse• Depression and teens, self-mutilation• Setting boundaries and being the best parent I can be

Staff development workshops – minimum of 40 delegates

Workshop 1

Self - defence training for educators

Cost: R 3 000.00 per workshop (For a 2-hour workshop for all staff members)

Delivered in a fun and safe environment, for many educators this is the first time they get the opportunity to role play potentially harmful everyday situations, threats and hostile attacks. The benefits to this type of training is immeasurable, arming them with a mental blueprint on ways to respond, deter and defend themselves for life.

Experience is the best measure to how you will respond in any situation, therefore in self-defence the best experience is to role play certain role play scenarios in a safe environment.

Based on instinctive behavioural responses the educators are guided through scenarios for:

- Being aware of their environment, surroundings and instincts
- Being alert and safe on public transport or while driving, at social games, events, travelling or while out at night
- Understanding passive assertive behaviour verses passive aggressive responses to deter a potentially hostile situation and knowing your legal rights
- Understanding the psychology of fear and adrenaline and how to prevent yourself from “freezing in the moment”
- Knowing how to use your size to your advantage, learning “critical hit points “to stop any size attacker
- Preparing a personal safety plan

Learning self-defence is just plain smart and essential for all educators. Skills for life!

Workshop 2

Non-verbal communication in the classroom (2 ½ hours)

Cost: R 195.00 per educator and includes manual, SACE accredited certificate and facilitation

The introduction to Nonverbal Behavioural Analysis workshop will provide you with tools to improve emotional understanding, developing your awareness of the scientific accuracy of the limbic brain's responses and the ability to evaluate and interpret body language messages; which will enhance your ability in reading people's true intentions. This skill can be applied in various communication situations varying from interviewing, recruitment, negotiations and counselling providing you with a negotiation advantage. Added to this, it will provide you with tools to improve emotional understanding of your learners; the ability to evaluate meaning presented in nonverbal communication during classroom time; enhancing your ability to read the true intention and nonverbal signals presented.

The following topics will be covered in this workshop:

- The foundation of nonverbal behaviour and interpretation
- A scientific overview and strategy for interpreting Nonverbal Behaviour
- The limbic brain: the link to non-verbal expressions
- The psycho-physiological basis on non-verbal behaviour
- Interpretation of the freeze, flight and fight responses
- Pacifying behaviours the key to differentiate between comfort and discomfort
- An introduction to Micro facial expressions
- The Body: An overview and method to effectively interpret involuntary signals given by the head, shoulders, arms, hands, fingers, torso, legs and feet
- Why are feet the most honest part of our body?
- Nonverbal signals to take note of, during our efforts to uncover deception

Workshop 3

A workshop on conflict and confrontation management within the school environment (2 ½ hours)

Cost: R 195.00 per educator and includes manual, SACE accredited certificate and facilitation

How to turn confrontation and complaining into opportunities? A new, practical and affective communication approach for teachers in their daily dealings with complaining parents.

A valuable tool for School Management Teams dealing constructively with complaints and daily management affairs, ensuring ethical relations by creating a positive stable

environment based on dialogue, how to use direct address and build confidence in all the partaking role players.

This dynamic strategy provides you with a tool and safe method to unlock potential volatile and everyday conflict situations, ensuring dialogue and resolving misunderstandings.

A recipe that removes the perceived unfairness through a process of trust, truth and relationship; which is referred to as direct address and correctly applied acknowledgments.

Never again will conflict and confrontation be viewed as a challenge but rather approached with confidence.

The following topics will be covered in this workshop:

Part 1:

- The bases of effective communication: about truth, trust and relationships
- Our intimate link with others
- The four dimensions of relational reality
- The scheme of injustice
- Acknowledgement
- A deeper method to build self esteem
- Complaints and acknowledgements

Part 2:

- Turning complaints into opportunities
- The theoretical basis of the complaining person
- Defending what is most vulnerable
- Our response – normally
- The approach
- Direct address
- Up via down
- The desire behind the complain
- When emails happen
- A method dealing with complaints received via email

Workshop 4

Cost: R 195.00 per educator and includes manual, SACE accredited certificate and facilitation (2 hours)

Anti-bullying campaign

Hidden Rage, anger management and Peer victimisation

Section 1

1. Profiling a bully
2. Counselling the victim/bully
3. Peer group victimisation programme
4. Understanding the factors that most influence impulsive and aggressive behaviour
5. Developing a strategic intervention model when dealing with an angry child (Parent, classroom and informal activities)
6. Identifying the symptoms of Hidden rage: Physical, Psychological, cognitive and the use of art and written threats
7. Dealing with an angry parent/caregiver
8. The 10 Golden rules for health care providers, councillors', educators and school management

Section 2

1. Learning to re direct behaviour that can threaten the safety of an angry child or others
2. Teaching children and teens long term skills of impulse control
3. Learn prevention and intervention techniques that are effective in different settings
4. Develop a peer confrontation strategy for your colleagues and the work place

Workshop 5

Broken windows an approach to discipline (2 hours)

Cost: R 195.00 per educator and includes manual, SACE accredited certificate and facilitation

One of the key elements that affect the health of the school's environment is the issue of managing learner behaviour through the disciplinary processes of a school. Management, educators and other staff are dealing with problematic behaviour from the learners on a daily basis.

We live in a time where there appears to be a real decline in the area of discipline in general. The result of this decline is seen and felt by educators and school management who deal with the learner. Learners are lacking some basic character elements, such as a good work ethic, taking responsibility for their actions, self-control, open disrespect, defiance to name a few.

There are many factors that contribute to this, such as family life, rights based thinking without responsibility, exposure to violence, learners influence on one another, poverty and/or wealth, conduct of our countries leaders and learners' developmental difficulties.

This workshops aim is as follows:

1. To address the daily difficulties that educators and support staff face when dealing with learners' problematic behaviour.

2. How the theory of “Broken Windows” can be applied in the schools’ disciplinary processes?
3. To understand the purpose of discipline within the school environment.
4. The intended effect discipline should have on learner behaviour.
5. Why there is conflict over the implementation of a system of discipline in the school.
6. The various paradigms that influence our approach to discipline.
7. The generational views of discipline held by educators.
8. The example that is set by staff with regards to their personal discipline and the general care of the school’s environment.
9. An evaluation of the school’s code of conduct, with a view to clarify any sections that are ambiguous.
10. “The Way of the Broken Window” in school life on a daily basis.

Workshop 6

Positive discipline in the classroom for your staff – (2 hours)

Cost: R 195.00 per educator and includes manual, SACE accredited certificate and facilitation

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Content

Section 1

1. Discipline vs punitive implementation
2. Understanding the purpose of discipline in the school environment
3. The various paradigms that influence our approach to discipline
4. Staff and personal discipline

Section 2

Classroom management

1. An educator's ethical responsibilities in respect of discipline
2. Diligence and co-operation
3. Classroom management
4. Creating a classroom code of conduct
5. Dealing with large classes and discipline
6. Promoting active learning
7. Dealing with stress as an educator
8. Implementing the schools code of conduct and managing effective punitive action

Specialised workshops for learners (IEB accredited)

Life skills portfolio certificate workshops Grades 10 -12 – 4 hours

R 190.00 per learner

Sexuality workshop Grades 6 -8 – 2 1/2 hours

R 170.00 per learner

Study Skills – (3 hours)

R 140.00 per learner

Please contact our offices for more information regarding the above workshops

How do I book?

Please send an email to admin@rapewise.co.za

Booking form

Name of school and province: _____ Email _____

Tel: _____ Contact person and position: _____

Fax: _____ Mobile: _____

Physical Address: _____

Our school would like to book the following: (Please tick)

Learner talks @ **R 2 000 .00** per **one hour** talk

Grade R/1 – 4

Topic and suggested dates: _____

Grade 5 - 7

Topic and suggested dates: _____

Grades 8 -10

Topic and suggested dates: _____

Grades 11 -12

Topic and suggested dates: _____

Parent talk (R2 000.00 per 1 hour talk)

Topic and suggested dates: _____

Staff development workshops (Please see price list for cost)

We would like the following options:

Workshop 1 Workshop 2 Workshop 3 Workshop 4 Workshop 5 Workshop 6

Suggested dates: _____

Please email us more info on:

Life skills workshop for learners

Sexuality workshop for learners

Study skills for learners

Please use your schools name as reference on all banking transactions, fax completed form and payment to: 086 696 7807 or 031 572 6081 /email: admin@rapewise.co.za

Payment to be made into the following account:

Bank: ABSA **Account Name:** Rape Wise

Account number: 406 497 6342 **Branch Code:** 632005