

From Christophe Xavier Clivaz, Director
To Swiss Schools
Date 1st April 2015
Subject Boarding House Workshop

Dear All,

Please find below the final programme regarding the next boarding house meeting that will take place at:

Lausanne Region

**Friday, 22nd May 2015
08:30 am to 16:00 pm**

PROGRAMME

1. Agenda

• Conference from 08:30 am to 12:30 pm

➤ **Stress how young people cope and how to help?**

- ↻ Stress is very costly to students, it actively prevents them learning and negatively affects their behaviour. In this course, the physiological stress response will be outlined. Effective ways of de- stressing will be outlined which will improve both the learning and the behaviour of students.

• Brainstorming reunion from 13:30 pm to 16:00 pm

- ↻ Share best practices
- ↻ Swiss Learning training needs for 2015-2016

2. Speaker

- Jackie COX (Jackie has a degree in Psychology and a diploma in counselling. She works both in the UK and abroad training teaching staff, pupils and their parents on issues concerning self-esteem, mental health and negative coping skills).

3. Target audience

- This workshop is open to boarding staff, counsellors, teachers, nurses

4. Lunch & accommodation

- Friday lunch included
- If accommodation required please contact sarah@swisslearning.com

5. Registration

- Please confirm by email sarah@swisslearning.com before 15th May 2014

6. Price

- The cost will be shared by the participants (max 350 CHF/person)

7. Contact

- Sarah Perez – Tel: +41 79 207 57 94
- Sarah@swisslearning.com

Geneva, May 2015