

## Abundant Educator Day

The Abundant Educator Day is dedicated to enhancing educators' well-being because, to deliver high-quality care to children, educators need to prioritise their own well-being. The day guides educators in recognising their nervous system and emotional needs and designing personalised self-care strategies, including seeking assistance when needed. Proficiency in these self-care skills allows educators to better address children's emotional and social needs by identifying their cues and establishing rituals that promote well-being. This process fosters resilience in both educators and children, ultimately benefiting families and the community.

Lucy and Daisy offer vital support through professional discussions, coaching and practical techniques and strategies for holistic well-being.

Aim of day/support	Success outcomes for Kindergartens
Coach educators in understanding the human's nervous system and key cues that demonstrate a need for personal care both in the moment and in life	Educators can recognise when their nervous system is overloaded and can engage strategies to regulate themselves both while teaching and outside of teaching
Support educators to identify the cues children display that demonstrate a need for connection and support to regulate their nervous system	Children develop emotional and social intelligence. Educators can identify children's cues for emotional regulation and implement strategies that support co-regulation
Develop rituals and habits for educators to ensure they are able to regulate their nervous system each day. Explore case studies with the educators for children in their group to develop rituals to help calm children's nervous systems too	Educators feel confident identifying children who need extra support and co-create rituals with them and with the community to enhance relationships and the collective wellbeing
Train educators through strategies of connection to families and community to create environments that support and uplift each other through true connection and collaboration	Educators feel at ease connecting and collaborating with families and their community through a culture of abundance and wellbeing.
Support educators to advocate wellbeing for themselves, the children, families and communities within the systems of early childhood. Create a positive culture of collaboration within early childhood systems	Educators can create positive relationships within early childhood communities and advocate about wellbeing to collectively improve the system's culture.

Explore ways to teach in curiosity and creativity that allow educators to show up as their true self within the role of teachers. In doing so educators will be able to appreciate children's unique strengths and allow children to show up as their true selves too	Educators find joy and creativity in teaching and feel a sense of abundance in their environment. Teachers embed strategies that lift the happiness, satisfaction and wellbeing of themselves and the children
Explore concepts of freedom, fun and play as self care and a creative learning mechanism.	Educators embody a sense of freedom and fun in their work with children enhancing play and thinking opportunities for educators and children alike

## Priority Areas

- Social and emotional capability
- Thinking and responding
- Access and inclusion

## Curriculum Coverage

QKLG	EYLF
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<p>Identity Building a confident self identity</p> <ul style="list-style-type: none"> <li>● recognising individual strengths and achievements</li> </ul> <p>Wellbeing Building a sense of autonomy</p> <ul style="list-style-type: none"> <li>● developing self-regulation</li> <li>● developing resilience</li> </ul> <p>Connectedness Building positive relationships</p> <ul style="list-style-type: none"> <li>● connecting with and relating to others</li> </ul> <p>Showing respect for diversity</p> <ul style="list-style-type: none"> <li>● responding to others with respect</li> </ul> <p>Communicating Exploring and expanding language</p> <ul style="list-style-type: none"> <li>● listening and responding</li> </ul> <p>Active learning Building positive dispositions towards learning</p> <ul style="list-style-type: none"> <li>● being imaginative and creative</li> </ul>	<p>Children are confident and involved learners</p> <ul style="list-style-type: none"> <li>● children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity</li> </ul> <p>Children are effective communicators</p> <ul style="list-style-type: none"> <li>● children express ideas and make meaning using a range of media</li> </ul> <p>Children have a strong sense of identity</p> <ul style="list-style-type: none"> <li>● children feel safe, secure and supported</li> <li>● Children develop their emerging autonomy, interdependence, resilience and agency</li> <li>● Children develop knowledgeable, confident self identities and a positive sense of self-worth</li> <li>● Children learn to interact in relation to others with care, empathy and respect</li> </ul> <p>Children have a strong sense of wellbeing</p> <ul style="list-style-type: none"> <li>● children become strong in their social, emotional and mental wellbeing</li> <li>● Children are aware of and develop strategies to support their own mental and physical health and personal safety</li> </ul>
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## Logistics

Abundant Educator Day is designed to be delivered as a full-day (6 hours) in-person training. The program is intended for a team of maximum of 25 attendees and the location will be arranged with centres.

## Your Facilitators

Lucy Murrell—With over 15 years of hands-on experience in education, Lucy has gained invaluable insights from various roles, including teacher, childcare director, and pedagogy advisor. She's deeply passionate about advocating for children's rights and supporting educator wellbeing, drawing from her own journey of overcoming burnout.

Daisy Ramsden—An International Bestselling Author and Master Wellbeing Coach, Daisy has empowered countless women, children, and families to lead lives filled with health, love, and freedom. Her transformative approach combines psychotherapy, mind-body coaching, and advanced healing techniques to help individuals unlock their full potential.