

## Mental health and well-being webinars - 2020

A SERIES OF WEBINARS PRESENTED BY ECDOE PSYCHOLOGISTS AIMED AT SUPPORTING AND CAPACITATING PRINCIPALS, EDUCATORS AND DEPARTMENTAL OFFICIALS DURING THE COVID-19 PANDEMIC

Webinars open to all **PROVINCIAL** educators, principals and officials will be presented every **WEDNESDAY** at 2pm.

The same webinar will be repeated within each **DISTRICT** every **THURSDAY** at 2pm.

TOPICS	PRESENTER	PROVINCIAL PRESENTATIONS	DISTRICT PRESENTATION	TIME
Stress management	A. Human	9 July	10 July	14:00
Calm classroom: a teacher's guide	C. Van Vuuren	15 July	16 July	14:00
ADHD strategies	H. Uys	22 July	23 July	14:00
Covid- 19: Educator guide on psychosocial well-being of learner	N. Nqadala	29 July	30 July	14:00
Study Skills Part 1	N. Makiwane-Mazinyo	5 August	6 August	14:00
Study skills part 2	M. Mahembe	12 August	13 August	14:00
Basic Counselling Skills	K Losa	19 August	20 August	14:00
Prevention and wellness during covid-19	J. Cromhout	26 August	27 August	14:00
Coping Strategies for teachers during Covid-19	K. Shrestha	2 September	3 September	14:00
Attitude is a choice	H. Uys	9 September	10 September	14:00
Anxiety: Covid-19 tool for parents	L. Tafeni	16 September	17 September	14:00
Emotional Intelligence	N. T. Mcoteli	23 September	24 September	14:00

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TOPIC	DETAILS
<b>Stress management</b>	Stress management techniques
<b>Calm classroom: a teacher's guide</b>	Teacher guidance to reduce stress and anxiety in the classroom Coping with stress and relaxation techniques
<b>ADHD strategies</b>	Communication between educators and parents Developing a behaviour plan Managing Symptoms Study skills
<b>Covid- 19: Educator guide on psychosocial well-being of learner</b>	The extended role of educators Psychosocial support of children during covid-19 The protection of children and educational facilities during Covid-19
<b>Study Skills Part 1</b>	What are learning skills The different learning styles and how to maximize and improve memory
<b>Study skills part 2</b>	Self-leadership Goal setting Time management Procrastination
<b>Basic Counselling Skills</b>	The 5 basic counselling skills and stages of counselling Referral protocols and ethical guidelines
<b>Prevention and wellness during covid-19</b>	Child-friendly explanation video of Covid-19 The 2020 Covid-19 Time capsule workbook for learners.
<b>Coping Strategies for teachers during Covid-19</b>	Coping strategies during Covid-19 and self care for teachers
<b>Attitude is a choice</b>	Prevention and Wellness during Covid-19
<b>Anxiety: Covid-19 tool for parents</b>	Understanding anxiety Helping children cope with anxiety
<b>Emotional Intelligence</b>	What is emotional intelligence. How to increase your emotional intelligence and the emotional impact of covid-19