

**IEU VICTORIA TASMANIA
EARLY CAREER TEACHER
PROFESSIONAL DEVELOPMENT
WEBINAR SERIES 2019**



**TOP 10 TIPS FOR
LOOKING AFTER YOURSELF
W/ EMILY PATERSON**



Teaching is one of the most complex and demanding endeavours any person can undertake.

Your first year as a graduate teacher should be exciting and challenging, but it is also likely to be tiring and exhausting.

This session will look at 10 strategies that you can put in place to ensure that you maintain your own wellbeing and keep focused on the things that matter most. There will be an emphasis on looking after your physical wellbeing, particularly your voice, but other areas will also be included.



**WEDNESDAY 29 MAY, 6:00 - 7:00PM
FREE! AVAILABLE FOR IEU MEMBERS ONLY**

Book online at <https://www.ieuvictas.org.au/membership/training/>
(course code GRDL1996)

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