



We welcome you all to our Networking Event
at Diocesan School for Girls

Please share with the group

- 1. Your name, role and institution**
- 2. What you hope to gain from your Educate Plus membership in 2021?**
- 3. A fun fact about you**

Our Pressure Points and How to Overcome Them.

Kate Eatts



**Blow up a balloon and
write on it a current
pressure in your life.**

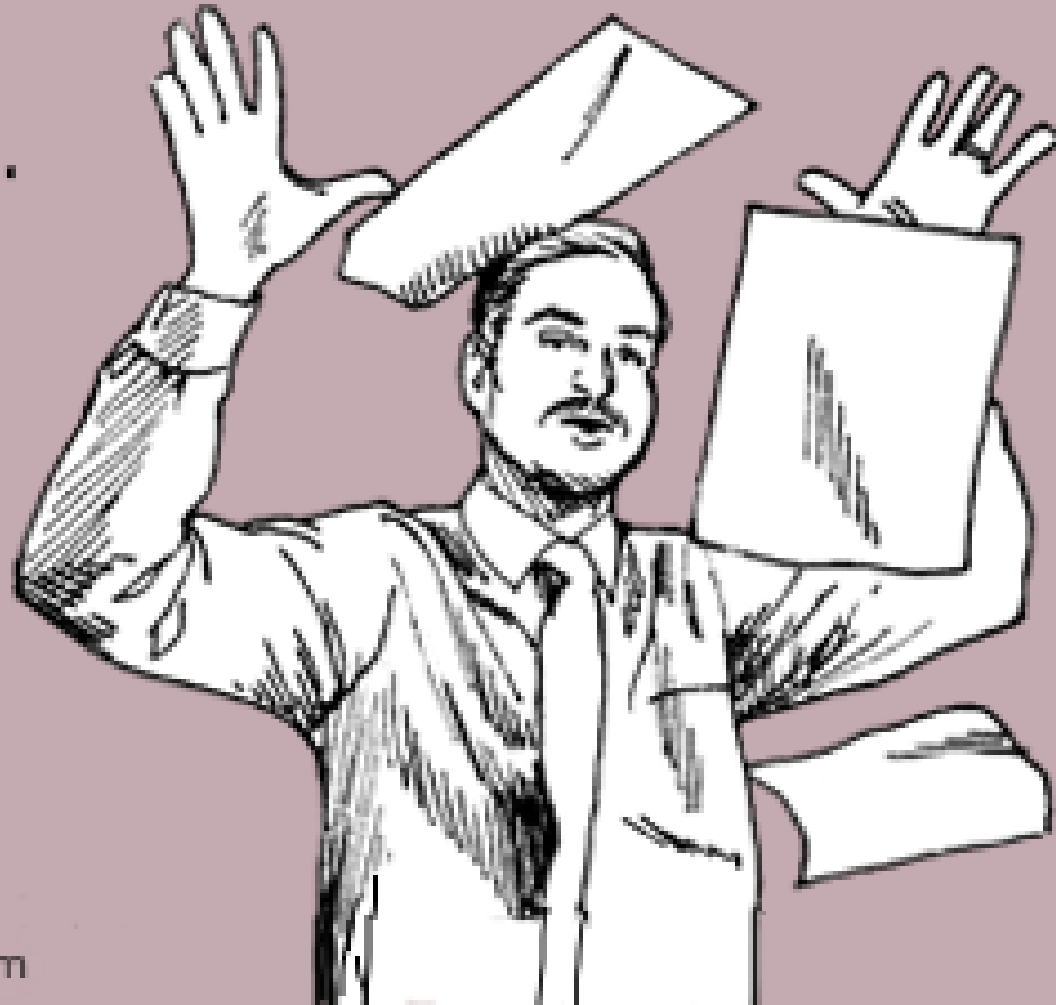


When was the last time you took time for your own health and wellbeing? What did this look like?



Discuss with those next to you.

One of my many strengths is
working well
under pressure.



your  cards
someecards.com

educate 
++++

Pressure Points can Result in



Difficulty
sleeping



Out of focus



You feel more
irritable and
emotional
(more tears)



You are more
withdrawn
and prefer
isolation



Changes in
appetite

Let's Learn about You

Complete the Personality Quiz

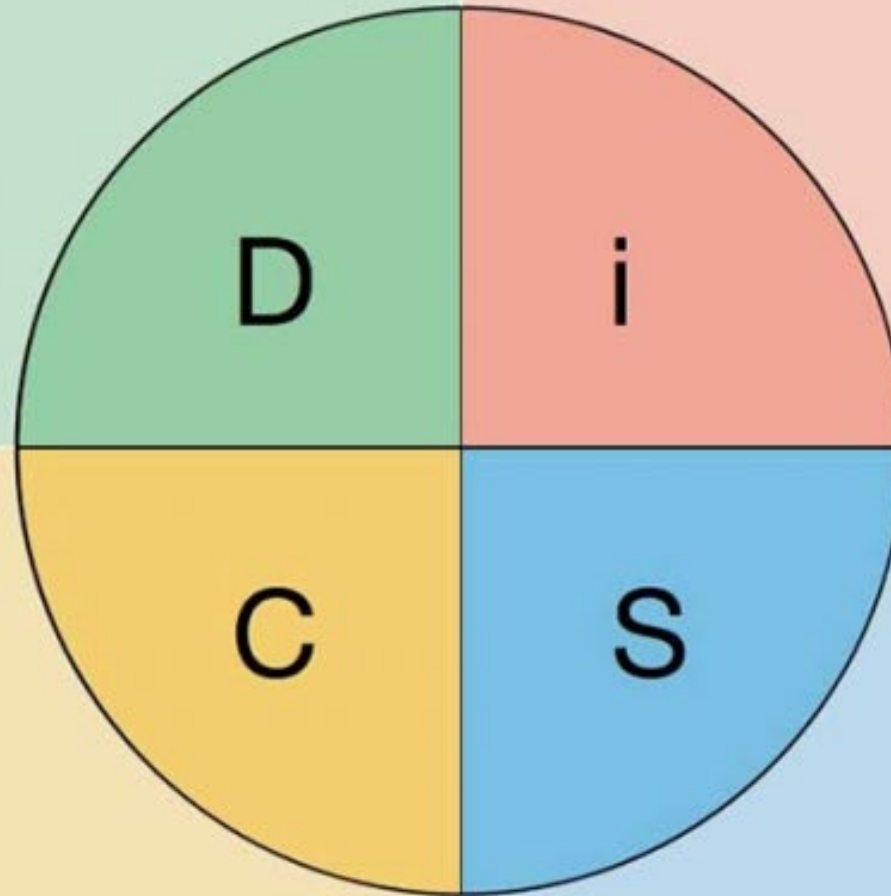


DOMINANCE

- Direct
- Results-oriented
- Firm
- Strong-willed
- Forceful

INFLUENCE

- Outgoing
- Enthusiastic
- Optimistic
- High-spirited
- Lively



- Analytical
- Reserved
- Precise
- Private
- Systematic

CONSCIENTIOUSNESS

- Even-tempered
- Accommodating
- Patient
- Humble
- Tactful

STEADINESS

Find Your Trait and Find a Friend

Ask someone in your trait group...

1. What word best describes you in this trait?
2. What do you feel are your strengths with this trait?
3. What may be your pressure points due to this trait?

Looking at the big picture



Ways to Wellbeing



Physical
Activity



Gratitude



Meditation



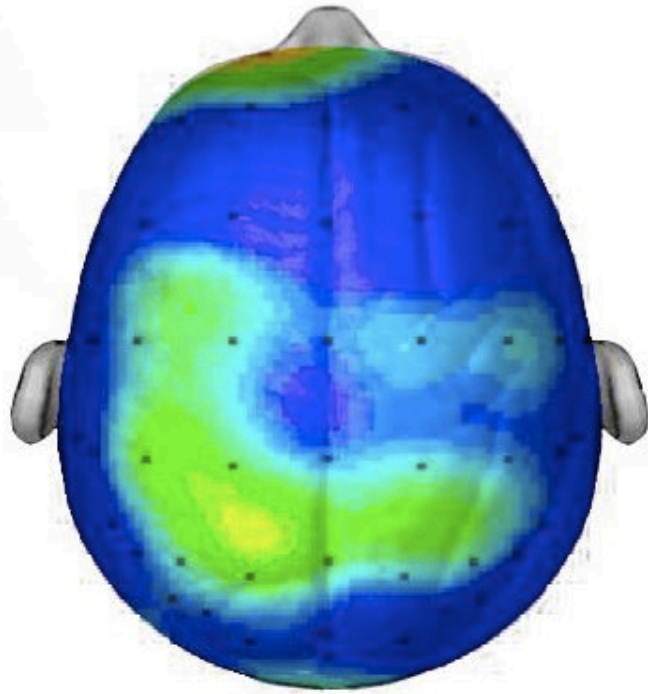
Random Act
of Kindness



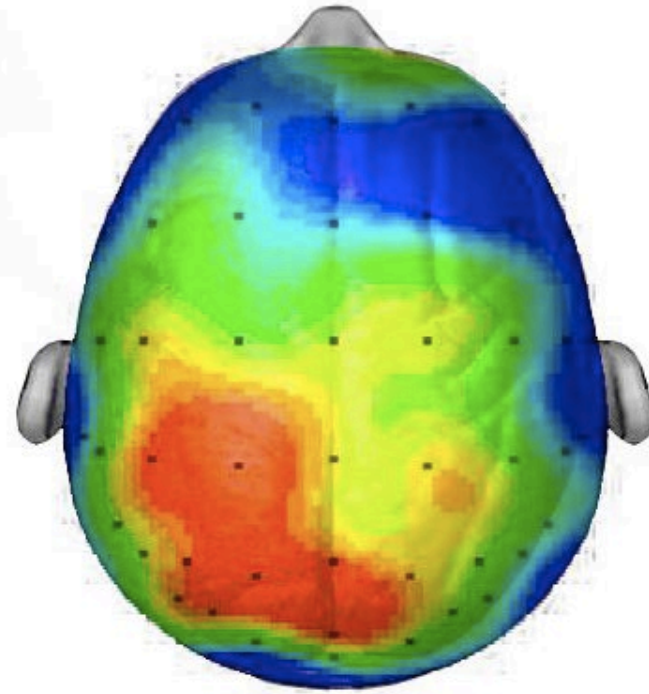
Journal

What the Brain tells us





After sitting quietly



After 20 minute walk

Brain Thinking Activity

Say The Color
NOT
The Word

Set Yourself Goals

I WISH

***I WISH** – That I could make time each morning to meditate for 10 minutes*

I WILL

***I WILL** – Meditate at least 2 times next week*

I WONDER

***I WONDER** – If I can combine some of the Influence trait into my way of working?*

Take Home



I wish
I will
I Wonder



The
knowledge of
the role your
brain plays



Personality
Traits Quiz –
Use with
others



Ways to
overcome
Pressure and
Stress

Take time to look after yourself. You're useless to others if you don't.

Now pop your balloons and put them in the bin
– Let that pressure in your life go.

Keep in-touch



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<https://www.facebook.com/EducatePlus>



Educate Plus LinkedIn

<https://www.linkedin.com/company/educateplus/mycompany/>

Join our Educate Plus NZ Chapter Facebook Group

<https://www.facebook.com/groups/nzchapter>



NZ Chapter Educate Plus Group

Private group

Additional Resources

- How the brain reacts to stress [TED Talk](#)
- Harness the Power of Sophrology [Reading](#)
- 7 Types of Rest that Everybody [Needs](#)
- Your Wellness [Website](#)