

Starting the Year with Purpose Matters

January: The New Start in a Box

The start of a new year is a natural time to think about changes we want to make for the better. But, most 'resolutions' fail by the wayside.

Session Outline

- Stress, burnout and rust out. How did I get there?
- The not-so-sympathetic nervous system
- Why we need balance in our lives
- Managing time rather than being managed by it
- Prioritising for success
- Energising and motivation exercises
- Useful websites and resources

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

Speaker: Gwen Jones



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.