

“In a world of ever-increasing demands, teachers and students are experiencing high levels of stress which is affecting their ability to perform and achieve their best.”

41% of teachers report high levels of occupational stress making more mental stress claims than any other industry.

Nearly 50% of Australian school students experience high levels of stress reducing academic performance, increasing drop out rates and impacting mental health.

For 83% of Australian TAFE and undergraduate students the main factor affecting study and performance, is stress.

### WHO ARE WE?

Futureproof People is an initiative of Bulletproof People which has been operating for over 10 years in the corporate high performance field, mentoring thousands of people across the Australian marketplace.

Our team of High Performance coaches have taken this expertise and invested into the future of Australia, our teachers and students, by establishing programs that enable people to develop strategies to manage stress, develop resilience and perform under pressure.

### WHO DO WE WORK WITH?

- Staff
- Parents
- School students
- TAFE and University students
- Apprentices and Trainees

### WHAT DO WE DO?

#### Students

Equip students with a research-based toolbox of strategies to help them develop resilience, well-being & skills to perform under pressure. Students are enabled to reach their potential & future goals through engaging presentations, activities & resources.

#### Teachers

Enhance teacher well-being & communication to perform under pressure through professional development sessions, workshops, activities & resources.

#### Leadership

Develop personal & team leadership skills to increase productivity & contribute to positive teaching & learning outcomes.

#### Parents

Deliver presentations to parents with strategies to enable them to support their child in developing resilience, social skills & achieving their best as they prepare for the future.



# WHAT ARE THE COURSE OPTIONS?

Presentations, workshops, coaching & resources are available for the following:

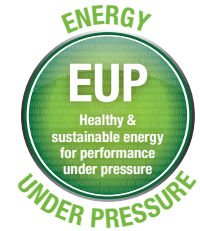
## PERFORMANCE UNDER PRESSURE

Resilience readiness equips an individual to click into “grit mode” quickly, but it also promotes the endurance required to flourish during times of change and challenge. This is suitable for students, parents, staff and leadership. Each student or staff member receives their own PUP workbook and Resilience guide.



## ENERGY UNDER PRESSURE

How to stay healthy and have enough energy to prepare for the challenges and stresses that you may be facing now and in the future. This is suitable for students, parents, staff and leadership. Each student or staff member receives their own Energy guide and Personal Energy Plan.



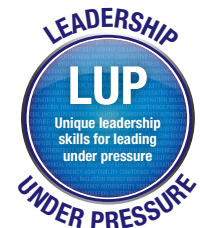
## COMMUNICATION UNDER PRESSURE

By developing communication methods, skills and techniques we develop effective communication under pressure. This is suitable for staff and leadership. Each staff member receives their own Communication guide and Personal Communication Plan.



## LEADERSHIP UNDER PRESSURE

Leaders are given the ability to solve problems when the pressure is on through exploring influence, threats and team investment. This is suitable for members of leadership. Teams may opt to complete a Performance 360 which is our diagnostic tool used to provide an overview for leaders of the key behaviours required for maximum performance. Coaching can be provided for individuals and teams.



**FUTUREPROOF**  
**people**  
READY FOR ANYTHING

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