



# FEELING STRESSED?

**LOOKING FOR EFFECTIVE WAYS TO WORK WITH STAKEHOLDERS?  
OR MAYBE A REFRESHER COURSE ON SOCIAL MEDIA DO'S & DON'TS?**

At the Singapore Teachers' Union, your well-being is our priority. We frequently conduct talks on areas where educators may require our added support. We currently conduct the following talks:



## LEGAL SERIES



TEACHER AND THE LAW



## TEACHER WELLNESS SERIES



STRATEGIES FOR  
ENHANCING TEACHER'S  
WELL-BEING

STRATEGIES FOR COPING  
WITH STRESS AND  
'DISTRESS'



## TEACHERS AND STAKEHOLDERS:

Parents, Students and Colleagues



SUCCESSFULLY MANAGING  
PARENTS WHO ARE  
CHALLENGING

FOSTERING A SUPPORTIVE  
& COLLEAGIAL WORK  
CLIMATE



## LEGAL SERIES

Conducted by:  
**Fong Yoong Kheong**,  
 STU Industrial Relations Officer

### TEACHER AND THE LAW

Drawing on recent case studies, the talk will cover

- Teachers' liabilities to students vis-à-vis the Tort of Negligence
- Teacher's legal responsibilities as an employee of the Ministry of Education/ School
- Safe and professional navigation of the New Social Media Environment
- Practical Guidance and Tips for avoiding legal pitfalls



## TEACHER WELLNESS SERIES

Conducted by:

**Adrian Lim Peng Ann**, STU's Principal Consultant (Teacher Wellness)

He is a Counselling Psychologist (MAAP@NIE-NTU) with 24 years of working with our school system, as a School Social Worker (1994-1996), School Counsellor (1997-2006) and Family & Parenting Educator (since 1994).

### STRATEGIES FOR ENHANCING TEACHER'S WELL-BEING

- Common challenges faced by teachers
- Implications on teacher's health and wellness
- 12 "Mind-Body-Relational health" strategies

### STRATEGIES FOR COPING WITH STRESS AND 'DISTRESS'

- Signs & Symptoms of Stress and 'DiStress'
- Impact on the Teacher
- Strategies for overcoming 'DiStress'



## TEACHERS AND STAKEHOLDERS:

Parents, Students and Colleagues

Conducted by:

### SUCCESSFULLY MANAGING PARENTS WHO ARE CHALLENGING

- Identifying & understanding five types of parents
- Strategies to successfully manage challenges posed by the parents

### FOSTERING SUPPORTIVE & COLLEGIAL WORK CLIMATE

- Teachers as colleagues, and finding out what works and what does not
- Strategies to foster a supportive and collegial work climate

### EFFECTIVELY MANAGING STUDENTS WITH DISRUPTIVE BEHAVIOURS

- Identifying disruptive behaviours of students
- Strategies to effectively manage and support students who disrupt classrooms



As the backbone of our education system, teachers deserve our support. Here's how you can organise a talk:

- Let us know the titles, date and time and the number of teachers
- You may book several titles, which can be held on one day or over several dates – we are highly flexible
- Contact [schooltalks@stu.org.sg](mailto:schooltalks@stu.org.sg) to book a date!

