

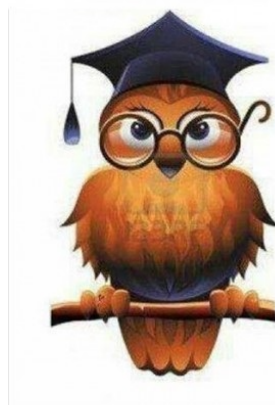


Valerie Adolff

TALENT YOUR BODY



TEACHER AT THE BEGINNING
OF THE SCHOOL YEAR



TEACHER AT THE END
OF THE SCHOOL YEAR



@risasinmas

Vocational training for:
educational centers interested in a new future oriented teaching and
teachers who want to recover their motivation for learning and teaching

THE TALENT OF YOUR TEAM

- Transform repetitive habits to encounter new solutions.
- Work with today's tools to face challenges of the present.

THE WELLBEING OF THE TEACHERS

- Feel well during the day, the week and the entire school year.
- Take care of your voice
- to be listened to
 - without effort.

CONFLICT MANAGEMENT

- Acquire external perspectives to recognize your own resources.
- Potential your confidence in conflicts with students and their families.

TRANSFORM LIMITS INTO OPPORTUNITIES THROUGH PERSONAL DEVELOPMENT FROM INDIVIDUAL TO THE GROUP

- **Attention exercises** using your **own perception** and the external senses.
- Connect to your body through **breathing** and control with it your **energy level**.
- Distinguish your **natural movements** from patterns of **learnt movements**.
- Learn the unnecessary efforts that lead you to the **same experiences**.
- Experiment your voice as an **integral body movement** and its surrounding.
- **We adapt the programm to** the needs of each centre.