



YOUR MONTHLY SNAPSHOT

In the month of April we say farewell to our colleague Ali Doyle who is moving on to new endeavours. We have several event sessions coming up including:

- an exciting opportunity to join a short webinar by Lindsay Tighe—founder of Inspirational Coaching and Better Questions
- Leadership Breakfast
- FASD in Hobart

Our featured article for this month is focussing on the importance of sensory play environments for children. We also reflect on Little Scientist workshops held across the state in March.

Please get in touch if you have ideas, feedback or would like to contribute to our monthly snapshot.
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UPCOMING EVENTS

LEADERSHIP BREAKFAST

Our Leadership Breakfast Series is an opportunity for you to listen and share professional knowledge over a light breakfast before your working day.

To register for session 2 in Hobart on **Thursday 29th April** [Register Here](#)

MY BEST LIFE—ASKING BETTER QUESTIONS WITH A SOLUTION FOCUSED APPROACH

An exciting opportunity to listen to Lindsay Tighe—founder of Inspirational coaching and Better Questions. This 1.5 hour webinar will provide strategies and tools to build participants personal resilience and cope with life challenges more effectively. The webinar is on **Friday 30th April**. [Register Here](#)

What is FASD?

These sessions are filling up fast! Don't miss this opportunity to find out more about Fetal Alcohol Spectrum Disorder. The Hobart session is **Thursday 6th May**. [Register Here](#)

All of our sessions currently have smaller caps for numbers than previously. Register early to not miss out on a spot.

[**FIND OUT ABOUT OUR EVENTS**](#)

BETTER Questions are the Answer

Releasing Human Potential

MY BEST LIFE—ASKING BETTER QUESTIONS WITH A SOLUTION FOCUSED APPROACH

There is no doubt that staff who do not have the ability to cope effectively with challenges that occur in their lives will feel overwhelmed and less productive at work. There is increasing evidence that workplaces can play an important and active role in maintaining the mental health and well-being of their workers.

This 1.5 hour online workshop is designed to enhance an individual's personal resilience and is grounded in both Cognitive Behavioural Therapy and Positive Psychology, and teaches the ability to use a solution focused approach.

Participants are invited to become more aware of their negative and routine thinking patterns and the consequences of this. They will be inspired by the idea that asking Better Questions is a powerful way to enable more resourcefulness leading to better outcomes. Each participant will also be given a book (My Best Life – stop, reflect and create the life you want) to support them on an ongoing basis.

In this inspiring 1.5 hour workshop your team members will learn how:

- their routine thinking can keep them stuck in their problems
- by challenging and changing their thinking, the results they are getting change
- by using Better Questions they can become more resourceful in finding solutions
- to use the toolkit of questions provided to give them a resource to use on an ongoing basis

Facilitator: Lindsay Tighe



I am the founder of Inspirational Coaching and Better Questions and found my passion 18 years ago when I left the corporate world and trained as a coach. I had been working in banking/financial services for over 20 years and felt increasingly disillusioned by the politics and egos to the extent that one day I looked at myself in the mirror, connected with my own eyes and promptly burst into tears! I am so grateful for that moment because it was the catalyst for me to really ask myself some Better Questions which enabled me to realise that my passion was working with people to enable them to reach their full potential and to make the world a better place. I realised that I needed to get out of the box I was in and spread my wings.

FIND OUT MORE: <https://www.betterquestions.com.au/flex/about-us/4/1>

REGISTER NOW



FAREWELL ALI

Last week we farewelled a Gowrie Training & Consultancy colleague Alison Doyle. Ali was a highly valued member of the Business Development & Research team. During Ali's time with Lady Gowrie Tasmania, she worked with the Inclusion Team, IHC Support Agency and Gowrie Training & Consultancy gaining a vast amount of experience.

Ali's role with Gowrie Training & Consultancy included a Trainer/Assessor with the RTO, and a Little Scientists and Smith Family - Let's Count facilitator. We wish Ali well in her new endeavour and thank her for her contribution to children, families, educators and learners.

Over the coming weeks services will connect with other team members from the RTO to continue with student support and workplace assessments.



Gowrie Training & Consultancy recently completed Little Scientists Human Body sessions across the state. Participants engaged in practical sensory exploration of the human body. We have collated some pictures from the sessions below. To find out about upcoming Little Scientists sessions go to: <https://littlescientists.org.au/>





IDEAS FOR PLAY

[The Underestimated Value of Sensory Play in Early Childhood Education – Community Preschools | Big Fat Smile](#)

Imagine yourself as a child playing at the beach (on the sand and in the water), mixing paint with your fingers, squashing/pounding playdough or clay, creating a Lego masterpiece, assembling a block tower or constructing a sandcastle with dry and wet sand? What links all these experiences together? Your senses.

From the time a child is born, they enter a world in which their senses are ignited, and they begin to process new information. Therefore, senses enable children to investigate, explore and make sense of the world around them. Whilst sensory play sounds (and can be) messy, it's essential for children's health, growth, development, and learning.

Early Childhood services play a key role in ensuring children are exposed to aesthetically engaging environments rich in sensory experiences. How do we achieve this on a daily basis? This article details a link between brain development and sensory experiences, as well as highlighting the curriculum documents (EYLF and MTOP) available to support educators to develop these practices.

[READ FULL ARTICLE HERE](#)

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