

YOUR WEEKLY SNAPSHOT



Welcome to this week's edition of "Your Weekly Snapshot".

The 21st of September is World Gratitude Day, in acknowledgement of the day you will find a short 'how to' course on Self-sustainability with Children which has a chapter on gratitude. There is new research emerging about the importance of physical literacy specifically in the early years from the University of Canberra Institute for Sport and Exercise. Have you ever wondered what Coaching and Mentoring can look like within your service? Learn more below.

THIS WEEK'S ARTICLES



New study confirms developmental benefits of physical literacy

The Active Early Learning (AEL) Project is a randomised control intervention study which focuses on structured physical literacy curriculum in early education and care (ECEC). The study found that ECEC settings that have physical literacy as part of their practice are 'effective in improving not just gross motor skill development but also key cognitive functions such as expressive vocabulary and impulse control in young children.' [J. Roberts, Pioneering new study confirms developmental benefits of physical literacy in ECEC settings \(2020\)](#)

For more information



World Gratitude Day
Monday 21st September

World Gratitude day is an opportunity to demonstrate and express gratitude to the people within our inner and outer community. Gratitude was once considered a spiritual base practice however in more recent times the benefits of gratitude from a neurological perspective are being discovered - [Read more here](#)

One of Tasmania's leading researchers and teachers Dr Kerry Howells has dedicated her life to understanding and practicing gratitude. Dr Howells has written a book about the profound effects gratitude has in the education sector.

'Her decades of research on the role of gratitude in education have shown that a student's learning is influenced both by their own practices of gratitude and by the gratitude expressed and modelled by their teachers and school leaders. Dr Howells' book, [Gratitude in Education: A Radical View](#), which has been hailed by reviewers as 'groundbreaking', is the first comprehensive text ever written on the ways in which gratitude can influence teaching and leadership'. [Dr Kerry Howells, \(2020\) retrieved from: http://www.kerryhowells.com/bio/](#)

Gratitude in Education Talk



Coaching, Mentoring & Leadership

At Gowrie Training & Consultancy we know that mentoring and coaching are highly influential in transforming professional practice. Coaching takes a focused approach to skill development in relation to very specific professional goals. Mentoring takes a more informal approach where Consultants act as a 'critical friend'. Through the exchange of ideas mentees realise professional growth that aligns comfortably to their own context.

GT&C consultants are here to support you and your service in achieving your professional goals!



Self-sustainability practices with children - short online course

When working with children we have the opportunity to share holistic practices that can assist children to develop self-awareness, build self-esteem and efficacy, learn to manage stress and enhance self-regulation. All these things highlight why self-sustainability practices are so important.

This short course will support self-sustainability practices when working with children.

[Learn more here](#)

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