



Parent/Guardian Information Sheet – Tim Perkins Educational Workshop GLENAEON RUDOLF STEINER SCHOOL

On the Tuesday the 6th & Friday the 9th of September, Tim Perkins will be running separate student and parent educational workshops in the lead up to the HSC, titled “The Final Countdown”

Workshop Details

- **Year 11 & 12 Parent Workshop:** Tuesday the 6th of September
 - Castlecrag Hall - 7:30pm start
- **Student Workshops:** Friday the 9th of September
 - Year 11: 11:05am – 12:00pm
 - Year 12: 9:50am – 10:45am

Overview:

“The Final Countdown”

Mindset + Study Skills + Balance = SUCCESS in 2022 and beyond

Educational expert, Glenaeon dad (Max 2020) and Glenaeon Board Member Tim Perkins is running a 1hr workshop about how to be a successful student and a successful parent of a student in the final month before the HSC begins.

Tim is a very engaging and highly informed speaker with 30 years of experience in education as a teacher, University Lecturer and now as a Performance Mindset Coach & Consultant. He will share tips and hacks that your child and you can put into place to help cultivate the environment which will be most conducive to the many different versions of success your child and you are searching for at this time.

A significant element of the talk will be around reducing stress and maintaining focus. With his own two sons now pursuing their own post school study and life, he is very realistic about the challenges you are facing. **This session is not to be missed.**

Sincerely,

Mr Andrew Christie, B.Psych (Hons), M.Psych (School Psych)
Student Wellbeing Coordinator - Glenaeon Rudolf Steiner School

