Professional Development for Educators

Rock and Water Program

skills for physical-social teaching

How do we teach

social competencies so that students make changes on the inside?

How do we build

a sense of purpose in students?

How do we develop

a social skills course that students like to do?

Rock and Water Program

offers educators a new way to interact with students through physical/social teaching.

Physical exercises are constantly linked with mental and social skills. The program leads from simple self defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas about students to assist students to become aware of purpose and motivation in their life.

Topics include: intuition, body language, mental strength, empathic feeling, positive feeling, positive thinking and positive visualising. Discussion topics include bullying, sexual harrassment, homophobia, life goals, desires and following an inner compass.

Rock and Water Three-Day Presenters

Workshops will be presented by our Master Instructors and Freerk Ykema, director of the Gadaku Institute, founder of the program. All Master Instructors have received extensive training with Freerk Ykema.

Please visit our website to view their biographies.

Freerk Ykema – Founder of Rock and Water Program
Brian Hayes – Master Instructor
Carl Marshall – Master Instructor
Tim Brenton – Master Instructor
Ray Messer – Master Instructor
Rob Schofield – Master Instructor

"This is the best professional development I have ever done!" - Teacher

"Hands on learning - you do what you expect the student to do - you gain integrity and knowledge" - Anne – Marie

12,000 *Australian school teachers and educators have gained training in the acclaimed - Rock and Water Program*

Why is this program so popular?

The Rock and Water Program teaches…

- Practical Anti-Bullying strategies
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control, through grounding, centeredness and mental focus.
- Self respect, self control and self confidence

What do we offer?

Open Workshops

Two National Tours per Year

Presented by our Master Instructors
Delivered through-out Australia and New Zealand twice a year. Training is open to all educators.
For tour dates visit www.newcastle.edu.au/rockandwater

FEE | $750.00 (inc. GST, catering and manual)
FEE | $989.00 (inc. GST, catering, manual, theory book, basic exercise DVD and RW Poster packs 1 & 2)

Closed Workshop - 3 Day Training

Whole School / organisation approach

Presented by our Master Instructors
This three day closed workshop provides a survey of the entire program and is only available for a whole school / school cluster / organization. Conditions apply.

SET FEE | $16,500 (inc. GST). Maximum of 30 staff members. Price includes 30 manuals, certificates, name tags.

Closed Workshop - 1 Day Introductory Training

Whole School / organisation approach

Presented by qualified instructors.
Covers the first 6 lessons. This is a great way to have a whole school / organisational approach to the program. Conditions apply.

SET FEE | $2,950 (incl. GST) PLUS all travel, sundries and accommodation. Maximum of 30 staff members. Price includes 15 starter manuals, 1 x theory booklet, 1 x basic exercise dvd, certificates, name tags.

Further information
www.newcastle.edu.au/rockandwater

THE UNIVERSITY OF NEWCASTLE AUSTRALIA

The Family Action Centre

Rock&Water Program Gadaku Institute

For more information contact : Family Action Centre | University of Newcastle, University Drive, Callaghan NSW 2308
phone +61 2 4921 6403 / fax +61 2 4921 8686 | email FAC-Events@newcastle.edu.au | web newcastle.edu.au/rockandwater

ROCK & WATER 2011 AUS TOUR

FEB - JULY 3 DAY TRAINING PROGRAM

○ NSW LISMORE
Venue: Goonellabah Public School
21 – 23 FEBRUARY

○ QLD BRISBANE/LOGAN
Venue: To be advised
11 – 13 APRIL

○ VIC MELBOURNE
Venue: De La Salle College, Malvern
27 – 29 APRIL

○ SA ADELAIDE
Venue: to be advised
2 – 4 MAY

○ NSW SYDNEY/CAMPBELLTOWN
Venue: Airds High School, Campbelltown
16 – 18 MAY

○ VIC BENDIGO
Venue: to be advised
18 – 20 JULY

○ QLD WARWICK
Venue: Scots PGC College
11 – 13 JULY

For the full listing of the Rock and Water workshops in Australia and New Zealand please visit www.newcastle.edu.au

Workshops are presented by one of our highly trained Master Instructors

PERSONAL DETAILS

1st Title _____ Given Names _____ Surname _____ Position _____

2nd Title _____ Given Names _____ Surname _____ Position _____

Contact _____ Organisation _____

Postal Address _____ Town/City _____ State/Postcode _____

Email 1st Person (essential) _____

Email 2nd Person (essential) _____

Phone _____Mobile _____ Fax _____ Dietary Requirement _____

How did you hear about the training: _____

LIABILITY WAIVER All participants listed on this registration must read and sign below.
I agree and acknowledge that I am undertaking participation in the Rock and Water trainign and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to particpate in the events and I do hearby assume responsibility for my own well-being.

Participant 1 Signature: _____ **Participant 2 Signature:** _____

CANCELLATION POLICY Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less $80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops ***The Family Action Centre*** *is a not for profit organisation.* By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development events in many communities.

ATTENDANCE COSTINGS

- $750.00 (inc GST, catering and manual) or
- $989.00 (inc GST, catering, manual, theory book, basic exercise DVD and RW Post packs 1 & 2) – please note you will receive the supporting resources via the mail and the manual at the training

For further details on supporting resources please visit newcastle.edu.au/rockandwater

PAYMENT DETAILS (payment options – CHEQUE or CREDIT CARD only)

FOR TAX PURPOSES - This completed form is a tax invoice for the purposes of GST after payment is received.
The University of Newcastle ABN: 15 736 576 735

REGISTER ONLINE only with credit card

www.newcastle.edu.au/rockandwater

Number of people attending _____ Cost per person (inc GST) $ _____ TOTAL COST (inc GST) $ _____

○ CHEQUE — Cheque payable to The University of Newcastle
Please post to: The Family Action Centre University of Newcastle, University Drive, Callaghan NSW 2308

○ CREDIT CARD — Please debit my ○ VISA ○ MASTERCARD EXPIRY DATE ___/___/___

CARD NUMBER ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___

Name of Cardholder _____ Signature _____

Contact number for Cardholder _____

○ FOR MORE INFORMATION e : FAC-Events@newcastle.edu.au p : +61 2 4921 6403 f : +61 2 4921 8686

OFFICE USE ONLY Date received ___/___/___ Sent to Cashier ___/___/___ Chq Number ___/___/___