

Experiencing Mattering: Your Life and Your Work



Tara Elie

Owner of Star Performance,
Trainer, Senior lecturer of
drama, Presenter

Tara is the owner of Star Performance, a training and coaching consultancy, specialising in improving performance and wellbeing using Positive Psychology.

She has been a trainer of teachers and Senior Lecturer in Education for over 7 years and is the co presenter of a teacher wellbeing show on Teacher Hug Radio.

She is also a personal trainer for fitness.

Tara's passion stems from believing that a difference can always be made to benefit individuals, their differing backgrounds, cultures, experiences, perceptions and values.

This session will give participants an opportunity to explore the value of work-life balance using research from positive psychology and the PERMA index.

The aim of the session will be for participants to flourish and thrive, increase resilience and improve performance in all roles that life can encompass.

By the end of the session participants will have an array of practical ways to experience being valued and adding value, in life, work and community.

**Thursday
30th November 2023
4:15 - 5:45pm**

The session will feature:

- An introduction
- A short presentation

Followed by:

- Discussions and Q&A

**The Spaces for Wellbeing programme
is focused on staff wellbeing
and is designed to
'provide inspiration and not instruction'**

www.educators-barnardos.org.uk

