

"FILLING MY WELL" WELLBEING WORKSHOP FOR EDUCATORS

Stephanie Corkhill Hyles



I have a degree in Art Education, studying at UNSW, College of Fine Arts campus. Majoring in painting and etching. I also took great interest in Art therapy, as it enabled people to release emotions without the use of words.

I have taught in schools for the past 24 years, mostly in country areas and now run my own Art and Wellbeing business as well as the occasional casual day in schools.

I have been running Filling My Well Wellbeing Workshops for eight years now and I know it makes a huge difference to the lives and wellbeing of others.

I am a mother to four healthy, beautiful children. My husband and I live and work on a sheep and wool property near Jugiong, NSW.

I am a practising professional artist, exhibiting in group and solo shows each year. I am very blessed to have my art studio situated on our property.

In collaboration, I have self-published and illustrated three books. *25 Ways to Awaken Your Birth Power*, *25 Ways to Inner Joy and Inner Peace for Mothers*, both wellbeing based and *Over to You*, an art journey book.

When our children were small, I decided to study group exercise by correspondence. We were missing group exercise in our local area and there were a lot of people doing it tough because of the drought. I ran two classes each week in our local villages as a way of gathering, laughing and exercising. Ticking off the five areas of health! I taught these classes for seven years and absolutely loved it.

I really do have a passion for my own wellbeing and the wellbeing of others.

In 2015 I found myself trying to juggle many things. I was trying to be the best mother, best wife, best teacher, best personal trainer, best artist. It was at this time I realised that in order to be the best version of myself I needed to stop and take a breather.

This is how the concept for my workshops began and has evolved into what it is today. Many people have benefited from my workshops, and many have come back for top ups.

Filling My Well is derived from the idea that we need to top our wells up now and again to be the best version of ourselves and to be able to give to others. I have based my knowledge, life experience, intuition, and expertise into creating workshops which consist of everyday practices. As educators we often become run down trying to keep up with the demands that are placed upon us.

So, I have developed a workshop that caters for educators!



BENEFITS OF WELLBEING IN THE WORKPLACE

My special wellbeing workshop for educators is a dedicated day/session designed to support the five areas of health: mental, emotional, social, spiritual and physical health of teachers and education professionals.

The Educator's Filling My Well Workshop consists of a full day. I also work closely with you, so we can cater best for your staff's needs as I understand that schools all have different needs, just like our students do.

The Workshop typically covers various aspects such as:

- Providing the knowledge, insights, and tools to succeed in your own wellbeing journey
- Stress management techniques - including coping with sources of stress and how stress can impact not only our bodies but the people around us
- Mindfulness and relaxation practices
- Creativity
- Strategies for work-life balance

The workshop can also include discussions on:

- Fostering positive classroom environments
- Coping with the challenges educators face in their field.

My Workshops provide resources and tools to help educators cultivate their own wellbeing, which in turn can positively impact their teaching and interactions with students and colleagues.

Investing in the Wellbeing of our Staff is investing in the productivity of our whole staff. When staff feel valued, their mental, emotional, spiritual, social, and physical health is improved.

They are more engaged and when we all feel valued, we engage and embrace any activity with more zest for life!



Please get in touch to learn more or to book a Filling My Well Workshop Session. I would love to work with your team and help build techniques that foster their own wellbeing and in turn help and inspire others.

Stephanie Corkhill Hyles – www.stephaniecorkhillhyles.com

TESTIMONIALS

“As the principal of St Mary's Primary School, Crookwell, I am constantly seeking ways to support the well-being of our dedicated staff members who play an integral role in shaping the future of our students. Stephanie's "Filling My Well" workshop emphasised the critical importance of a holistic approach to self-care and well-being, a lesson that is often overlooked in the demanding field of education.

The gentle nature of the workshop allowed our staff to engage in various activities, from art and yoga to nutritious food tasting and storytelling. These activities were thoughtfully curated to inspire our staff and provide them with the tools they need to prioritise their well-being.

Stephanie has a remarkable ability to connect with people on a deep level. She created a safe and supportive environment where our staff felt comfortable sharing their thoughts, concerns, and personal experiences. By doing so, she not only encouraged self-reflection but also fostered a sense of unity and camaraderie among our team.

In a single day, Stephanie managed to guide our staff through a journey of self-discovery and reflection.

Stephanie's workshop was a rejuvenating experience for our team, and I wholeheartedly recommend her services to any educational institution.”

– Sarah Lowe

“Thank you, Steph, for a fabulous day! You showered us with love and attention, and as a working mother, it is always nice to be reminded of what we need in our lives to be at our best.

The food and atmosphere are sublime and the perfect setting for a day of self-care and bonding with teammates. If all teams could attend one of your sessions, the world would be a better place.”

“I've had the pleasure of joining Steph in two workshops, both very different and enjoyable. Her personal approach and positive personality have influenced the entire group on both occasions. We are so lucky to have Steph locally to share her wellbeing message. I've always felt very relaxed and excited about the next workshop”.

– Alexandria (Yass Valley Vets)

“Your session was amazing. What a fun, professional and fresh approach you have. You should be proud of yourself Steph. What you offer is special and empowering”

– Alison (National Farmers Association)