

# “The Role of the Teacher in Student Well-Being”

by Dr. Christopher Liang  
Bandung Independent School  
October 5 - 6

This is an EARCOS-sponsored Professional Learning Weekend Workshop. Schools looking to improve or simply refine skills in supporting student social-emotional well-being, should consider registering. During this two-day workshop, participants will:

- Develop strategies and techniques to support youth experiencing stress
- Learn about the brain, stress, mental health, and the importance of relationships and social-emotional learning
- Expand on individual and school-wide strategies to reduce aggressive behavior.

The cost for this workshop is 1,250,000 Indonesian Rp (or \$90 USD) per person. You can [register by completing this form](#). Travel details can be found [here](#).

## **Saturday October 5**

<b>Time</b>	<b>Topic</b>
8:00 - 9:00	Breakfast and Registration <i>Optional school tour at 8:30</i>
9:00 - 10:30	<b>Session 1</b> Introductions and Foundations
10:30 - 11:00	Coffee Break
11:00 - 12:15	<b>Session 2</b> Stress, Trauma, Well-Being, and Academic Outcomes
12:15 - 1:00	Lunch
1:00 - 2:30	<b>Session 3</b> A Focus on Depression and Anxiety
2:30 - 2:45	Coffee Break
2:45 - 3:30	<b>Session 4</b> Restructuring Mindsets, Strengthening Systems
3:30 - 3:45	Conclusion

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## Sunday October 6

Time	Topic
8:00 - 9:00	Breakfast and Registration <i>Optional school tour at 8:30</i>
9:00 - 10:30	<b>Session 1</b> Tier I Supports: Back to Basics - Relationships
10:30 - 11:00	Coffee Break
11:00 - 12:15	<b>Session 2</b> Mental Health First Aid, A Primer on Listening and Helping
12:15 - 1:00	Lunch
1:00 - 2:30	<b>Session 3</b> Emotional Awareness and Connection
2:30 - 3:00	Conclusion, Evaluations