

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



Australian school teachers and educators have gained training in the acclaimed - Rock and Water Program

What do we offer?

OPEN WORKSHOPS - National Tours

Presented by Carl Marshall our Master Instructors. Delivered throughout Queensland. Training is open to educators, youth workers and mental health professionals.

For tour dates & locations visit

www.rockandwatertraining.com.au

3 Day Workshop

FEE | \$750.00 (inc. GST, catering and manual)

FEE | \$1070.00 (inc. GST, catering, + resource pack*)

2 Day Specialised Workshops

- Primary School – school wide Workshop
- Focus on Girls and Women Workshop
- Autism Spectrum Disorders Workshop

FEE | \$561.00 (inc. GST, catering and manual)

FEE | \$881.00 (inc. GST, catering, + resource pack*)

* Resource Pack: includes: manual, Flash drive, theory book, basic exercise DVD, Bringing It Together, Poster packs 1 & 2, and Certificate Pack)

CLOSED WORKSHOPS – on request

Whole School / organisation approach

Presented by our Master Instructors

3 Day Closed Workshop

Training provides a survey of the entire program.

SET FEE | \$16,500 (inc. GST). Price includes 30 manuals, certificates, name tags.

2 Day Specialised Closed Workshops

Specialised workshops focus on the one of the three training options: **Primary School – school wide** | **Focus on Girls and Women** | **Autism Spectrum Disorders**

SET FEE | \$11,500 (incl. GST). Price includes 30 x specialised manuals certificates, name tags, evaluation

1 Day Introductory Workshop

Covers the first 6 lessons.

SET FEE | \$2,980 (incl. GST) Price includes 15 Starter's manuals, 1 x Theory book, 1 x Basic exercises video, certificates, name tags, evaluation

NOTE: All closed workshop options are only available for a whole school / school cluster / organization. *Conditions apply.* A maximum of 30 staff members; extra participants will cost \$77 each.

SET FEES cover Master Instructor's travel, sundries and accommodation. * **Remote locations may incur additional charges.**

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 defense, 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 harassment, homophobia, life goals, desires and following an inner compass.

Rock and Water Presenter

Workshops will be presented by Carl Marshall. He is a Master Instructor personally trained by Freerk Ykema, director of the Gadaku Institute, founder of the program. As a Master Instructor Carl has received extensive training with Freerk Ykema.

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

- Teacher, Sunshine coast Dec 2014 workshop

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

Further information: www.rockandwatertraining.com.au

