

Rock and Water Program

skills for physical-social teaching

One-Day CLOSED Rock and Water Introductory Workshop

THE ONE DAY PROGRAM

Presented by one or our qualified instructors

The Family Action Centre and Gadaku Institute can offer one-day introductory workshops in Australia and New Zealand with our qualified instructors who have been trained extensively by Freerk Ykema.

This one day program concentrates on the basics of the program covering grounding and centring exercises, standing strong, rock and water attitude in physical- and verbal communication and in relationships, body language, breath exercises, boundary awareness exercises, and very effective anti bullying exercises.

This will enable your organisation to use a whole-school approach in the language and concept of Rock and Water and a great way to familiarise staff with the Rock and Water Principles.

THE COST

SET FEE | \$2980.00 (inc. GST) plus all travel, accommodation & sundries.

A maximum of 30 staff members; extra participants will cost \$77 each. Price includes 15 Starter's manuals, 1 x Theory book, 1 x Basic exercises video, certificates, name tags, evaluation

Closed workshops: Staff members must be from the one organisation or cluster. This training can not be advertised externally or a per delegate fee charged. Conditions apply.

SUPPORTING RESOURCES

The Rock and Water Program has a number of supporting resources to help implement and understand the program. Please visit www.newcastle.edu.au/rockandwater

YOUR ORGANISATION MUST PROVIDE:

- Maximum of 30 participants
- Participants must be available from 8.30 – 5.00pm
- A venue (ESSENTIAL - a gymnasium or large hall 20 x 30 metres with a wooden floor - needs to be the no smaller than a size of a full basketball court.)
- Ensure the venue will be available from 8.30am to 5.00pm for set up and pack down of the workshop
- Gym mats (1 between four)
- Chairs for the number of participants
- One large (BIG) white board (useable both sides) or two large white boards
- Data projector
- All catering requirements
- Provide the Family Action Centre with a list of the participants names and organisation in a excel spreadsheet four weeks before the workshop.
- If required your organisation will pay for all travel, accommodation and sundry expenses related to the presenter.

THE FAMILY ACTION CENTRE WILL PROVIDE

- A qualified presenter for the 1 day training workshop
- 15 starter manuals
- 1 theory booklet,
- 1 basic exercise dvd
- Certificates for each participant
- Name labels for participants
- Evaluation forms for participants to fill out

NOTE If you require more than 30 participants to attend an extra cost of \$88 (inc GST) each will apply which includes a starter manual. Extra starter manuals can be purchased for discounted price of \$25.00 each, basic exercise dvd's at \$60.00 and theory booklets at \$35.00.

EXPRESS OF INTEREST>

FAX TO: 02 4921 8686

Organisation _____ Contact person _____

Job Title _____ Email (essential) _____

Postal address _____ T own/Suburb/City _____ State/Postcode _____

Phone _____ Fax _____ Mobile _____

Preferred date/s (please suggest two date) _____

Further information
www.newcastle.edu.au/rockandwater

