



**THIS WEEK'S
MINI PD**

TACKLING OBSTACLES

We cannot solve our problems with the same thinking that we used to create them.

Albert Einstein

1 Identify the problem but focus on the **SOLUTION**

2 Ask the **WHY?** Question

WHY IS THIS PROBLEM OCCURRING?

3 Keep it simple

Avoid overly complicated thinking. It just makes the problem harder to solve

4 Build a list of possible solutions

The first solution might not be the best

5 Employ some lateral thinking

Let your imagination run wild. Get creative!

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6 Challenge yourself with "what if" and "imagine if" questions

Brain Gym Professional Reading for Educators

FOUR HABITS OF HAPPY PEOPLE – RECOMMENDED BY A PSYCHOLOGIST

The reality is that there'll be times we manage to engage with happiness habits and feel positive. Then there'll be occasions when life throws a curve ball and our happiness is affected.

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FOUR STEPS TO BALANCE COMPETING DEMANDS

Conditions in schools may be improving in this period of pandemic recovery, but relatively few schools have figured out how to manage an altered educational landscape.

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CONSTRUCTIVE CRITICISM THAT WORKS

When psychologist Naomi Winstone, PhD, started delving into research about constructive feedback, she found an abundance of literature on how to have these conversations but little on whether the recommended strategies were working.

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Build your Health IQ

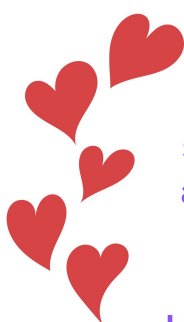
NINE SIGNS YOU HAVE

INFLAMMATION

IN YOUR BODY.

[Learn More Here](#)

A Drop of Wisdom



Do you ever just look at someone and think "I'm so happy I met you"?

Staffroom Chat

WHAT IS YOUR FAVOURITE CHILDREN'S BOOK?

Happy Silly Thoughts



Don't believe everything you see on social media!