

## Empowerment | Self-Control | Integrity | Respect | Self-Confidence | Safety

The Family Action Centre at The University of Newcastle, in collaboration with The Gadaku Institute offers Rock and Water Professional Development Training across Australia. A very physical program in its delivery, the training uses physical-social teaching and experiential learning with a focus on the Golden Triangle : **Body Awareness – Emotional Awareness – Self Awareness**

### PROFESSIONAL DEVELOPMENT TRAINING



### OPEN 3 Day Rock and Water Workshop

#### A comprehensive understanding of the Rock and Water theory and principles

This training offers educators, health professionals and support service providers a unique way to engage young children, adolescents and adults within a safe environment. The program is most successful when a whole organisation approach is taken. It can be implemented as a standalone program or parts of, integrated into other resilience / anti bullying programs.

**COST:** \$ 750 (inc gst, catering & manual)  
\$1070 (inc gst, catering, manual & \*Resource Pack)

### CLOSED Rock and Water Workshops THE TRAINER COMES TO YOU FOR A SET FEE

#### 1 Day Introductory Workshop

##### A CONNECTION TOOL FOR TEACHERS

##### *Ideal opportunity for a Staff Development Day*

Staff are taken through the basics of the Rock and Water Program and the first six lessons from the 3 day accredited Rock and Water training program.

**COST SET FEE :** \$2,980 (inc gst, 15 manuals, Theory Book, Basic Exercises DVD, certificates & name tags)

#### 3 Day Workshop

**COST SET FEE:** \$16,500 (inc gst, 30 manuals, certificates & name tags)

#### 2 Day Specialised Workshop

Specialised Primary, Girls & Women and Autism Workshops

**COST SET FEE:** \$11,500 (inc gst, 30 manuals, certificates & name tags)

**NOTE** Closed workshops are only available for a whole school or school cluster / organisation. Additional costs for the trainer's travel and accommodation may apply for workshops held in remote locations.

[www.newcastle.edu.au/rw](http://www.newcastle.edu.au/rw)

\* **Resource Pack** – includes Theory Book, Basic Exercises DVD, Bringing It Together, Boys and Girls Poster Packs and Certificate Pack

### OPEN 2 Day Specialised Workshops

#### 2 Day Primary School Workshop

##### A program that's fun and engaging for young people

121 games and practical material incorporating the Rock and Water approach. Designed to suit each stage of a young child's (4–12 years) social and emotional development. Ideal resilience program for children in foster care and those who have experienced early childhood trauma.

#### 2 Day Focus on Girls and Women Workshop

##### Reinforces to girls and women how confident, independent and strong they can be

This training uses the basic skills and concepts of Rock and Water while paying special attention to the developmental challenges, qualities and strengths of girls and women.

#### 2 Day Autism Workshop

##### Rock and Water principles and exercises designed to support children living with Autism

Educators, therapists and carers learn practical skills to help children living with Autism gain greater self-understanding, self-awareness, enhance communication skills and better coping strategies for managing stressful situations.

**COST:** \$561 (inc gst, catering & manual)  
\$881 (inc gst, catering, manual & \*Resource Pack)

For enquiries contact : Family Action Centre, University of Newcastle, University Drive , Callaghan NSW 2308

p. +61 2 4921 6403 | f. +61 2 4921 8686 | e. [FAC-events@newcastle.edu.au](mailto:FAC-events@newcastle.edu.au) | FB. [www.facebook.com/RockandWater](http://www.facebook.com/RockandWater)

# Rock and Water Program

*skills for physical-social teaching*

## 3 Day - ROCK AND WATER COURSE DESCRIPTION

Rock and Water is a self development program designed to **enhance children's resilience skills; monitor and identify their reactive behaviour** patterns when placed in times of stress; develop their capacity to work effectively in a group situation by **analysing how relationships are strengthened** and to stand with focus and determination as an individual. It strengthens a child's inner motivation and drive and can **compliment any existing resilience program** run within your organisation or school.

This course is designed to **develop students welfare** and could fit into personal development and health curriculum classes or be used as a educational tool to support identified students in need or at risk.

**Staff that would be interested** in this professional development opportunity would include: Principal's, Year Coordinators, Learning and Support workers, PDHPE teachers, Pastoral Care Coordinators, and Assistant Principal's who deal with discipline.

Rock and Water is unique in its delivery because of its emphasis on **kinaesthetic learning patterns**. The program is a series of physical exercises that evoke a physical and psychological response. **Students learn to feel how their body reacts** to situations and **develop skills to control how their body responds** by recognising the cues. They are **made aware of how others respond** and have opportunity to discuss how their social competency can be enhanced by following a series of steps to promote open and honest communication in the playground, classroom and wider community.

Rock and Water is characterised by a psychophysical didactic method. Simply put **starting from a physical perspective, mental and social skills are presented** and mastered. This course looks into learning through experience and actions and learning through expressing oneself and conversation. Both these two are as important as each other and they together create an intense learning process.

The program is **strongly physical in nature and supported by short discussion** session in groups offering space for self-reflection. This approach was chosen because boys have a physical presence in the world and boys have difficulty putting their thoughts and feelings into words. Through this teaching method **boys are taught to control and harness their energy** and **girls learn they are stronger than they thought**. Rock and Water can **runs for eight-ten weeks** which fits neatly into any school term. Ideally this course would be given **45 minutes a week**.

**Specific topics include:** Confidence, being a member of a group, emotional control, body awareness, working together, body language, intuition and listening, non-verbal cues, boundaries and mastering your emotions

Each week there is a separate themed lesson for example: coping in the playground, dealing with a threatening group, personal contact, breathing strength, body language, sexuality.

**3 day Rock and Water program is listed by the NSW Institute of Teachers as an accredited course for professional development accreditation.**

For all enquiries please contact:

Events Team, Family Action Centre, University of Newcastle, Callaghan, NSW 2308

p 02 4921 6403

f 02 4921 8686

e [FAC-events@newcastle.edu.au](mailto:FAC-events@newcastle.edu.au)

w [www.newcastle.edu.au/rw](http://www.newcastle.edu.au/rw)





# ROCK AND WATER TOUR 2014

REGISTRATION FORM  
& TAX INVOICE  
The University of Newcastle  
ABN: 15 736 576 735

## TOUR DATES 3 DAY WORKSHOPS

QLD Townsville  
2 – 4 June  
Venue: PCYC - Aitkenvale

### OTHER LOCATIONS INCLUDE:

NT Darwin  
29 – 31 May  
Venue: Henbury School  
Wanguri

VIC Melbourne (regional)  
2 – 4 June

NSW Dubbo  
18 – 20 June

TAS Hobart  
2 – 4 July  
Venue: YMCA of Hobart  
Glenorchy

SA Adelaide (regional)  
21 – 23 July

NSW Western Sydney  
1 – 3 September  
Venue: Guildford Youth Centre

QLD Brisbane  
8 – 10 September

VIC Melbourne  
8 – 10 September

SA Adelaide  
24 – 26 September  
Venue: Woodville Primary  
School

### HOST A 3 DAY Workshop

Benefits include 2 FREE  
placements  
Call our office to find out more

## PERSONAL DETAILS

1<sup>st</sup> Person Title \_\_\_\_\_ Given Names \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Email (essential) \_\_\_\_\_

2<sup>nd</sup> Person Title \_\_\_\_\_ Given Names \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Email (essential) \_\_\_\_\_

Organisation \_\_\_\_\_ Contact \_\_\_\_\_

Postal Address \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ A/H contact (essential) \_\_\_\_\_

Fax \_\_\_\_\_ How did you hear about the training? \_\_\_\_\_

Dietary Requirement \_\_\_\_\_

*(Requests for Halal or Kosher meals may incur additional costs, please contact our office for more details)*

## ATTENDANCE COSTINGS

3 Day Training \$ 750 pp (inc gst, catering and manual) or  
\$ 1070 pp (inc GST, catering, manual, theory book, basic exercise DVD, Bringing it Together - 22 case studies,  
R&W Boys & Girls Poster packs 1 & 2 and NEW certificate pack)

*Please note you will receive the supporting resources by post and the manual at the training.*

## PAYMENT DETAILS : CHEQUE / CREDIT CARD / ONLINE

This completed form is your Tax Invoice for the purposes of GST **An Invoice Receipt will then be issued confirming payment**

Number of people attending @ \$ 750 \_\_\_\_\_

Number of people attending @ \$1070 \_\_\_\_\_

**TOTAL COST** (inc gst) \$ \_\_\_\_\_

CHEQUE - Make cheque payable to : The University of Newcastle

CREDIT CARD *Please debit my*  VISA  MASTERCARD EXPIRY DATE \_\_\_\_/\_\_\_\_

CARD NUMBER \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

NAME OF CARDHOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_ CARDHOLDER'S CONTACT NO. \_\_\_\_\_

REGISTER only with credit card ONLINE  @ [www.newcastle.edu.au/rw](http://www.newcastle.edu.au/rw)



### LIABILITY WAIVER All participants listed on this registration must read and sign below.

I agree and acknowledge that I am undertaking participation in the Rock and Water training and activities at my own free will and intentional act. I am fully aware that possible physical injury might occur to me as a result of my participation in this event. I give this acknowledgement freely and knowingly and that I am as a result able to participate in the events and I do hereby assume responsibility for my own well-being.

Participant 1 Signature: \_\_\_\_\_

Participant 2 Signature: \_\_\_\_\_

**CANCELLATION POLICY** Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less \$80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows. *In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.*

*The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development training.*

We will keep you informed of future training opportunities.  I DO NOT wish to be added to the promotional database

**QUESTIONS? Call: 02 4921 6403**

Send your Registration Form by : e : [FAC-events@newcastle.edu.au](mailto:FAC-events@newcastle.edu.au) | f : 02 4921 8686

p : Family Action Centre, University of Newcastle, University Drive, CALLAGHAN NSW 2308