

Abundant Educators’ PD Day

The Abundant Educators’ Day is dedicated to enhancing educators' wellbeing because, to deliver high-quality care to children, educators need to prioritise their own wellbeing. The day guides educators in recognising their nervous system and emotional needs and designing personalised self-care strategies, including seeking support when needed. Proficiency in these self-care skills allows educators to better address children's emotional and social needs by identifying their cues and establishing rituals that promote wellbeing. This process fosters resilience in both educators and children and ultimately benefits families and the community.

This program can be built alongside schools or centres to meet the needs of educators and children. Please reach out to the Abundant Education email or call to discuss a customised experience for your team.

Daisy and Lucy offer vital support through professional discussions, coaching and practical techniques and strategies for holistic wellbeing.

Aim of the professional development support	Success outcomes for Kindergartens
Coach educators in understanding the human’s nervous system and key cues that demonstrate a need for personal care both in the moment and in life	Educators can recognise when their nervous system is overloaded and can engage strategies to regulate themselves both while teaching and outside of teaching
Support educators to identify the cues children display that demonstrate a need for connection and support to regulate their nervous system	Children develop emotional and social intelligence. Educators can identify children’s cues for emotional regulation and implement strategies that support co-regulation
Develop rituals and habits for educators to ensure they are able to regulate their nervous system each day. Explore case studies with the educators for children in their group to develop rituals to help calm children’s nervous systems too	Educators feel confident identifying children who need extra support and co-create rituals with them and with the community to enhance relationships and the collective wellbeing
Train educators through strategies of connection to families and community to create environments that support and uplift each other through true connection and collaboration	Educators feel at ease connecting and collaborating with families and their community through a culture of abundance and wellbeing.

Support educators to advocate wellbeing for themselves, the children, families and communities within the systems of early childhood. Create a positive culture of collaboration within early childhood systems	Educators can create positive relationships within early childhood communities and advocate about wellbeing to collectively improve the system's culture.
Explore ways to teach in curiosity and creativity that allow educators to show up as their true self within the role of teachers. In doing so educators will be able to appreciate children's unique strengths and allow children to show up as their true selves too	Educators find joy and creativity in teaching and feel a sense of abundance in their environment. Teachers embed strategies that lift the happiness, satisfaction and wellbeing of themselves and the children
Explore concepts of freedom, fun and play as self care and a creative learning mechanism.	Educators embody a sense of freedom and fun in their work with children enhancing play and thinking opportunities for educators and children alike

Priority Areas

- Social and emotional capability
- Thinking and responding
- Oral language and communication
- Access and inclusion

Curriculum Coverage

QKLG	EYLF
<ol style="list-style-type: none"> 1. Identity: Building a confident self identity <ul style="list-style-type: none"> ● recognising individual strengths and achievements 2. Wellbeing <ul style="list-style-type: none"> ● Building a sense of autonomy ● Developing self-regulation ● Developing resilience 3. Connectedness <ul style="list-style-type: none"> ● Building positive relationships ● Connecting with and relating to others ● Showing respect for diversity ● Responding to others with respect 4. Communicating <ul style="list-style-type: none"> ● Exploring and expanding language ● Listening and responding 5. Active learning 	<p>Children are confident and involved learners</p> <ul style="list-style-type: none"> ● children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity <p>Children are effective communicators</p> <ul style="list-style-type: none"> ● children express ideas and make meaning using a range of media <p>Children have a strong sense of identity</p> <ul style="list-style-type: none"> ● children feel safe, secure and supported ● Children develop their emerging autonomy, interdependence, resilience and agency ● Children develop knowledgeable, confident self identities and a positive sense of self-worth ● Children learn to interact in relation to others with care, empathy and respect <p>Children have a strong sense of wellbeing</p>

<ul style="list-style-type: none"> • Building positive dispositions towards learning • Being imaginative and creative 	<ul style="list-style-type: none"> • children become strong in their social, emotional and mental wellbeing <p>Children are aware of and develop strategies to support their own mental and physical health and personal safety</p>
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Logistics

Abundant Educators' Day is designed to be delivered as a full-day (6 hours) in-person training. The program is intended for a team of maximum of 25 attendees and the location will be arranged with centres.

Financial Investment

The cost for a 6-hour Abundant Educators PD day is A\$3,000 (inclusive of GST). If the center requires travel, the cost of boarding and transportation will be added to the standard fees.

Your Facilitators

Daisy Ramsden — International Bestselling Author and Master Wellbeing Coach, Daisy has empowered thousands of parents, children, and educators around the world to master emotional regulation and reconnect with their inner wholeness. Clients often speak of her unique gift as “Daisy’s magic”—a powerful blend of holistic knowledge and intuitive presence. Her transformative approach weaves together neuroscience, psychotherapy, mind-body coaching, and conscious parenting to support sustainable wellbeing from the inside out.

Lucy Murrell—With over 15 years of hands-on experience in education, Lucy has gained invaluable insights from various roles, including teacher, childcare director, and pedagogy advisor. She's deeply passionate about advocating for children's rights and supporting educator wellbeing, drawing from her own journey of overcoming burnout.