

“The Third Space” with Dr Adam Fraser

The Third Space

This is a unique opportunity to participate in a live event to tap into innovative research that has been proven to help you develop behavioural agility and discover your own ‘Third Space’.

Use THE THIRD SPACE to transition effectively between the different roles, environments and tasks that make up your day and how to extract the maximum value from each. Do you ‘Show up’ to your next task fully responsible for the energy you bring? Use a simple three step process to dramatically improve work life balance and overall happiness.

WHAT YOU CAN TAKE AWAY FROM THIS WEBINAR:

- » How to increase performance by not carrying the stress and frustration from one environment to the next.
- » Helps people turn off at the end of the day so you can go home, connect to your home environment and be more refreshed and focused the next day.
- » Helps people go through a demotivating set back and still be able to attack their next task with optimism.

Studies show that when people use THE THIRD SPACE between environments and situations it leads to;

- » 43% improvement in the mood in the home
- » 91% increase in boundary strength (the ability to not let the previous interaction have a negative impact on the next interaction).

We look forward to having you joining us in watching Dr Adam Fraser present THE THIRD SPACE. Please make sure you register for this insightful and entertaining webinar below.

When: 3 September 2020, 4PM AEST (1 hour event)

Registration:

- Click the link below and fill out the online registration form (you will need your personal details and your TMBL member number to complete the registration).
<https://www.dradamfraser.com/tmbl>
- Registrations are limited, so make sure you register today to secure your spot.

Important information – Please read:

This event will be live streamed using Zoom. To ensure your device is set up for viewing please visit <https://zoom.us/> for your free account. All logins and correspondence will be sent to the email address used at registration. Each registration will allow access for one device. The webinar will be recorded and made available for 2 weeks after the event. Using a link, you will receive approx. 24-48 hours after the event, you can re-watch the session at a time that is convenient for you.

If you require any further information, please contact us.

Phone: 02 9564 5763

Email: BOOKINGS@DRADAMFRASER.COM

We are excited to share some of the amazing feedback we received from previous virtual presentations for educators:

“Good evening. I was one of the many who listened to Adam present to the streamed event during our Staff Dev. Day. I just wanted to say a personal thanks to Adam. His presentation was so authentic and incredibly inspiring. I can not stop thinking about the SAFE process or the 3rd Space. Congratulations to Adam on his success as a researcher, speaker and just as a well-balanced human. Gosh we need more of those people in the world. I am so very grateful to have had the chance to listen myself to the research and practical advice/examples. Thank you, thank you, thank you”

- Megan (Teacher)

“Hi Adam,
Just wanted to thank you for the presentation you provided on Tuesday morning for DoE employees. I signed my staff up to the live stream and the feedback was that it was the highlight of the day. I engaged in some conversations with individual colleagues about what elements of your presentation resonated with them, it also meant that the following morning in our first staff meeting for the term when I usually have a “Good News” sharing session to kick start the meeting off, I felt inspired to include an “Attitude of Gratitude” segment. I invited staff to express what they were thankful for. At the conclusion of the meeting staff expressed, including myself, how uplifted they felt by hearing everyone’s expressions of gratitude. Thanks again for a really positive start to Term 2 for Kahibah PS.”

- Honi (Principal)

“Great Presentation on Uncertainty with DOE. I believe you have done very true research, which will be helpful for us teachers and staff. Thank you”

- Zafeira (Teacher)

“Yesterday our school was privileged to see a video presentation that you provided, based around dealing with stress. I found it very valuable and full of practical strategies.”

- Rosina (Teacher)



“I have just finished watching your livestream on ‘Overcoming Struggle and Uncertainty’. I just wanted to pass on that I, as a classroom teacher working from home, found it extremely valuable, uplifting and motivating... I am looking forward to giving my third space some more attention and focusing on my development. Thank you for giving inspiration, for all of your research, and for sharing it with us educators to enrich our lives during this crisis.”

- Chloe (Teacher)

“As a parent and a part-time secondary teacher in special ed, your session this morning was empowering, reassuring and encouraging. I recognised all the wrong things I’ve been saying and doing. I recognised myself succumbing to many of the negative emotions/situations and I recognised myself ‘doing’ many of the constructive behaviours - working through the steps and procedures... During this I have felt high and low, helpless, overwhelmed, exasperated, hurt, disregarded, sad and at a total loss. When I stopped, accepted it and decided to go with the flow, I felt so much better... Thank you again for such a great presentation, I know that my colleagues enjoyed it too.”

- Tina (Teacher)

“I just want to take this opportunity to say THANKS for your positive advice today on the live stream for teachers. Last night I was filled with anxiety with the uncertainty of what school as we know it will be like. I have been struggling and feeling helpless in what my role is right now but you changed this. I have come back into my household this afternoon with an “I can do this” attitude. Thanks for being so genuine and sharing your what you are going through. You should be proud of what you are sharing as you are really making a difference in these uncertain times. Take care.”

- Michelle (Teacher)

“Loved your presentation from last week, and I know I will use many of your suggested strategies. I can’t wait for your books; I just ordered to be delivered.”

- Nic (Principal)