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Teaching, like any truly human activity, emerges from one's inwardness, for better or worse. As I teach, I project the condition of my soul onto my students, my subject, and our way of being together. Knowing myself is as crucial to good teaching as knowing my students and my subject. (Parker Palmer)

Teacher training and ongoing professional learning focus largely on the 'what' and 'how' of teaching. Rarely is there time or opportunity given to a consideration of the 'who' – the heart of the one who teaches. And yet, teachers are a crucial influence in the lives of students. The reality is that we teach from the inside out – we teach who we are. Whilst we may be committed to our students' wellbeing, the pressures and stresses of being a teacher can actually disconnect us from our own self. Our authentic self is likely to be the source of our gifts to our students, but we can only share and draw upon this if we know and are connected to, ourselves.

Kardia Formation is offering teachers of the Diocese of Ballarat two days of exploration, reflection and gentle dialogue, designed to nurture personal identity, vocation and mission framed in the context of relationship with God.

When: June 27th & September 13th beginning 9.30a.m - 3.30p.m.

Where: Buninyong Parish Centre,
701 Fiskens St, Buninyong 3357

Cost: Total cost \$340 and Lunches \$40 for the two day program

Tea and coffee will be available. Please bring a journal for reflective writing

To make a booking or for further information: enquiries@kardia.com.au

Facilitators



Dr Julie Mitchell PhD. Julie has been an educator for over 35 years, first as a secondary teacher and then concurrently as a writer of curriculum, consultant and, since 2007, as a teacher educator at the University of Melbourne. She has recently completed her PhD in Education focusing on ethics in the *Australian Curriculum*. As a spiritual director, Julie has been formed in the Ignatian tradition through the Kardia Heart Wisdom Spiritual Direction Formation program.



Natalie Houlihan IBVM. Formed as spiritual director in the Ignatian tradition, Natalie is a Loreto sister who enjoys people, nature and the opportunity to work across cultures. In more recent times Natalie has lived and worked in Timor Leste and is now involved in the spiritual formation and leadership development of tertiary students at St Mary's College, University of Melbourne.