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# THE BALANCE COLLECTIVE

## Professional Development

*Presentation Format*  
*Interactive Workshops*



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## Our Background

The Balance Collective was founded with a clear purpose: to support the wellbeing of educators and school communities through evidence-informed, practical programs that honour the real experiences of educators. Our work blends the latest in neuroscience, trauma-informed education, and therapeutic approaches like Polyvagal Theory, ACT, and Solution-Focused Brief Therapy. With lived experience in education and a passion for sustainable wellbeing, The Balance Collective designs spaces—both online and in person—where educators can reconnect with their purpose, regulate their nervous systems, and build resilience without adding to their workload. Our approach is strengths-based, relational, and grounded in real-world application. We collaborate with schools committed to fostering cultures of care, courage, and connection through practical, evidence-informed learning experiences.

## Key Objectives

The Balance Collective's professional development workshops are thoughtfully designed to enhance educator wellbeing by introducing simple, neuroscience-informed tools that help reduce stress and support emotional regulation. Our aim is to equip staff with sustainable strategies that allow them to manage their energy, set healthy boundaries, and reconnect with a deeper sense of meaning and purpose in their work.

We focus on fostering a shared language around wellbeing, co-regulation, and psychological safety to strengthen connection and trust across teams.

## Requirements for Successful Delivery

To ensure your staff gain the full benefit of the presentation/workshop experience, we ask for a nominated contact person who can assist with scheduling and communication. If the delivery is in person, a quiet and comfortable space is ideal; for online delivery, access to a reliable digital platform is essential. Leadership support is important to champion the value of staff wellbeing and encourage active participation. We recommend dedicating time for the workshop within a staff meeting or a student-free day. Optionally, providing a short opportunity for feedback or reflection can enhance ongoing learning and help embed the insights gained.



## Understanding Our Delivery Formats

At The Balance Collective, we offer two complementary formats to meet your staff's learning needs: Professional Development Presentations and Interactive Workshops.

**Professional Development Presentations** are expertly delivered sessions where we share key insights, evidence-based concepts, and practical strategies related to wellbeing and resilience. These presentations are engaging and informative, designed to provide staff with valuable knowledge and inspiration in a clear, accessible format. They are ideal for larger groups or when time is limited, offering a focused overview that helps build awareness and motivation. The sessions we offer include, but are not limited to:

***The Science of Wellbeing***

***Stress and the Window of Tolerance***

***Understanding Burnout and Building Resilience***

***Navigating Workplace Conflict***

***Compassion Fatigue and Emotional Resilience***

***The Impact of Mindfulness and Breathwork***

In contrast, **Interactive Workshops** provide a more immersive experience that goes beyond information sharing. These sessions invite participants to actively engage with the material through reflection, discussion, and practical exercises tailored to their individual and team needs. Interactive workshops create space for personal learning, skill-building, and collaborative problem-solving, enabling staff to apply concepts in real time and deepen their understanding. This format is especially effective when the goal is to foster connection, build shared language, and support sustainable wellbeing practices within your school community.

Choosing between these formats depends on your specific objectives, available time, and the level of engagement you wish to cultivate. Both approaches are grounded in compassion, evidence, and practical relevance — designed to uplift and support your educators in meaningful ways.



## Why Choose Us?

At the heart of every thriving school is the wellbeing of its people. When educators feel safe, valued, and supported psychologically, their ability to teach, lead, and nurture grows exponentially. Wellbeing isn't an optional extra—it's the essential foundation upon which learning, leadership, and positive school culture are built.

Our approach is rooted in the understanding that giving educators space to reflect, build resilience, and develop practical, sustainable strategies for managing stress and preventing burnout creates ripple effects that reach far beyond the individual. It strengthens team cohesion, enhances leadership relationships, reduces absenteeism, and ultimately boosts student engagement and achievement.

We bring professionalism, empathy, and flexibility to every engagement. We know that schools face unique challenges—from staffing pressures to competing priorities and budget constraints. That's why our services are thoughtfully designed to be adaptable to your context, drawing on the latest research in trauma-aware practice, nervous system regulation, and adult learning.

Our offerings are not generic wellbeing training—they are meaningful, relevant, and sustainable experiences that acknowledge the complexity, emotional demands, and deep commitment at the heart of education. We focus not just on reducing stress, but on building internal resources, enhancing emotional literacy, and supporting whole-school wellbeing in a strategic, authentic way.

Choosing to work with The Balance Collective means investing in more than a session—it means committing to a culture of care, professionalism, and ongoing growth that honours the vital work educators do every day.



## Pricing and Inclusions

Our pricing reflects the depth, professionalism, and personalisation of each learning experience. Grounded in research and trauma-aware practice, all sessions provide practical tools educators can use to support their own wellbeing and that of their teams.

### Professional Development Presentation

*A knowledge-rich session designed to inform, inspire, and uplift.* This format is ideal for larger groups or when time is limited, offering an engaging presentation with accessible, evidence-informed strategies for staff wellbeing.

#### Includes:

- 60-minute live presentation (can be extended)
- Purposefully designed content informed by your school context, priorities, and current challenges Slides and visual materials
- Pre-session consultation to align with your school context

**Investment:** \$750 per hour (ex. GST)

*Travel fees may apply for in-person delivery.*

### Interactive Workshop

*A facilitated, hands-on experience designed for deeper learning, reflection, and team connection.*

This format invites participants to actively engage with content through individual reflection, small group discussion, and practical application.

#### Includes:

- 60-minute interactive session (can be extended)
- Tailored activities and wellbeing frameworks
- Digital or printed workbook (where applicable)
- Pre-session consultation

**Investment:** \$50 per person per hour (ex. GST)

*Travel fees may apply for in-person delivery. Minimum investment: \$500 per session.*



## Terms and Conditions

### 1. Booking & Payment

To secure a Professional Development Presentation or Interactive Workshop, a deposit will be required at the time of booking. This confirms your session and ensures the date is held exclusively for your school. An invoice for the deposit will be issued upon confirmation of the session details, with the remaining balance due 14 days prior to delivery, unless otherwise agreed in writing.

For multi-session bookings or custom programs, a payment plan can be arranged upon request.

### 2. Cancellations & Postponements

We recognise the busy nature of school life and the need for flexibility when plans shift. To help us manage bookings fairly:

- We ask for at least 14 days' notice to cancel or reschedule a session.
- Deposits are non-refundable if a session is cancelled or unconfirmed within 14 days of the booking.
- If we haven't received confirmation within that time frame, we may need to offer the date to another school.

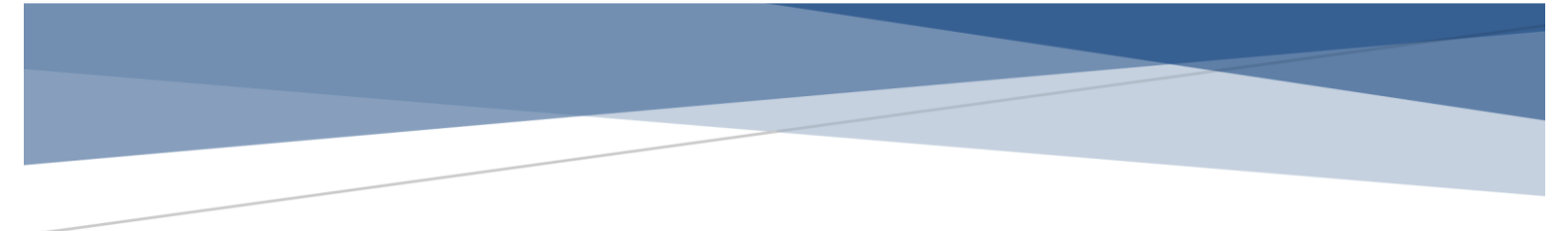
We will always aim to reschedule where possible and keep things flexible but appreciate your understanding as we balance commitments across our school partnerships.

### 3. Travel Costs

For in-person sessions outside the Brisbane/Moreton Bay region, travel expenses may apply. This can include flights, accommodation and meals depending on location and session timing. All travel costs will be quoted and agreed upon prior to confirmation.

### 4. Intellectual Property

All workshop and presentation materials, including slides, handouts, activities, and frameworks, remain the intellectual property of **The Balance Collective**. These materials are provided for staff learning and may not be copied, distributed, or repurposed without written permission.



Where applicable, tailored content and resources may be developed for a particular school context, but ownership remains with **The Balance Collective** unless otherwise agreed.

## **5. Session Delivery and Format**

Sessions may be delivered in person or online via Zoom or Microsoft Teams. We ask that a quiet and uninterrupted space be made available for in-person workshops, and that staff are supported to attend free from competing duties. For online delivery, a stable internet connection and a shared meeting link are required.

Interactive workshops are most effective in smaller groups where staff can participate meaningfully. We may recommend group sizes based on the selected format.

## **6. Confidentiality and Respectful Engagement**

Any personal reflections or group insights shared during the workshop will be treated with professionalism and discretion. Where evaluation or feedback is requested, individual responses will remain confidential unless express consent is given by the participant.

We are committed to creating a safe, inclusive, and respectful learning environment for all participants.

## **7. Feedback and Evaluation**

Following the session, schools may be invited to provide feedback to support ongoing improvement and responsiveness. Participation in evaluations is optional and will not affect access to resources or future delivery.