



Whakapiri Whakamarama Whakamana

## Rock and Water New Zealand Ltd.

Engagement Enlightenment Empowerment



### PROUDLY PRESENTS:

## A PROFESSIONAL DEVELOPMENT COURSE PRESENTED BY **ROBIN SCHOFIELD** TEACHING STUDENTS SELF CONFIDENCE, SELF CONTROL AND SELF RESPECT

*Robin Schofield was a Resource Teacher of Learning and Behaviour for over twelve years. He is a Master Instructor for the Gadaku Institute in association with Rock and Water New Zealand, and has received extensive training from the founder of the Rock and Water Programme, Freerk Ykema.*

The Rock and Water Course offers educators a new way to interact with students and empower their physical and social development. Physical exercises are constantly linked with mental and social skills. In this way the programme leads from simple self defence, boundary and communication exercises to a strong notion of self-confidence. Rock and Water is delivered in 18 countries around the world and has been translated into four languages. The basics of the programme can be taught to students as young as five years old, and to both boys and girls.

**1 Day Seminar** – This workshop covers the basics of the programme. The one-day training is a great way to familiarise the participants about the principles of the Rock and Water programme, or to train staff to start to deliver the programme. The one-day seminar will cover the basic theory behind the programme as well as looking at some of the exercises from the first six lessons – Standing Strong, Rock and Water attitudes, Rock and Water in the Schoolyard, Rock and Water in Personal Contact, Breathing Strength and Body Language. The activities covered are suitable to teach to boys and girls from Primary and Secondary schools. A manual showing all the exercises is provided for each participant. For the comprehensive and full programme it is necessary to complete the three-day training.

Please complete the details below, clearly showing the date and location of your desired training.

#### Dates of workshop:

**Time: 8.30am-5.00pm**

**Venue:**

**1 day workshop \$240.00 NZD (inc GST)  
(includes lunch and manual)**

#### REGISTRATION FORM

Title: \_\_\_\_\_ Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_  
Position: \_\_\_\_\_ Organisation: \_\_\_\_\_  
Address: \_\_\_\_\_ Town / Suburb / City \_\_\_\_\_  
Postcode \_\_\_\_\_ Telephone (wk) \_\_\_\_\_ Facsimile \_\_\_\_\_  
Email address \_\_\_\_\_ Please Print Clearly

#### PAYMENT DETAILS

Full payment must accompany your registration or please tick the box below if you wish to be invoiced.

Please make cheques payable to "Rock and Water NZ" Total Cost: \$ \_\_\_\_\_.

Please invoice our organisation the above amount

I have enclosed a cheque

Signature \_\_\_\_\_

**Please return the enrolment form to Rock and Water NZ at the address below.**

Cancellations received 3 weeks prior to workshop date will be refunded less an administration fee of \$55.00 NZD. Cancellations made after these dates will not be eligible for a refund, however registrations and names may be transferred.

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