



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

The Rock and Water Course offers teachers a new way to interact with students in relationship to their physical and social development. Physical exercises are constantly linked with mental and social skills. In this way the program leads from simple self defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and thoughts particularly about boys and girls development, and to assist them to become aware of purpose and motivation in their life. Topics include: intuition, body language, mental power, empathic feeling, positive thinking and positive visualizing. The programme is now run in 14 countries and has been translated into four languages.

3 Day Seminar – This workshop provides a survey of the entire course. The emphasis of Day 1 is on the contents of Lesson 1,2,3,4: standing strong, the rock and water attitude in physical, mental and social context; dealing with pressure from others. Day 2 extends the range of exercises and topics: breathing to extend physical power and to keep in self control; the body language of The Tunnel and of The Beach; feeling, setting and respecting your own and other people's boundaries. All lessons from 1 to 8 are practiced on Day 3. Lessons 9, 10, 11, 12 and 13 are about self realisation and so more suitable for older students. They address lack of direction, sexuality and personal development. Lessons 9 to 13 are best directed at boys only. Registration includes a comprehensive Course Manual, morning & afternoon tea and a light lunch. Discussions on the New Zealand Curriculum, links to Hauora, and lesson planning are also included.

Dates of workshop:

****PLEASE COMPLETE****

Time:

8.30am-5.30pm

Venue:



**3 day workshop \$695.00 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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