

# Staying Positive Each Year with Melo Calarco

## COURSE

**Build the mindset, habits, and self-awareness to stay energised, grounded, and positive through the ups and downs of every school year.**



### About This Course

Teaching is one of the most rewarding and demanding professions, and maintaining a positive outlook through constant change can be challenging.

In this interactive session, Melo Calarco, global mindfulness and performance coach, shares science-based strategies to help educators manage uncertainty, reframe negative thinking, and sustain motivation all year round.

Through guided reflection and practical exercises, you'll develop techniques to stay calm under pressure, boost your emotional resilience, and cultivate daily habits that support a healthy, optimistic mindset.



### Learning Objectives

By the end of this course, educators will be able to:

**Manage Uncertainty:**

Use mindfulness and grounding techniques to stay composed in times of change.

**Reframe Negative Thoughts:**

Apply evidence-based methods to turn unhelpful patterns into constructive action.

**Cultivate a Growth Mindset:**

Embrace challenges as opportunities for growth and innovation.

**Sustain Motivation:**

Develop practical rituals to maintain enthusiasm, energy, and purpose throughout the year.





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### Why This Matters for Educators

Every school year brings new students, expectations, and challenges. By learning to stay positive and grounded, teachers can:

- **Reduce Burnout** – Build strategies to restore calm, focus, and emotional balance.
- **Enhance Classroom Energy** – Model optimism and resilience, creating a ripple effect for students.
- **Improve Decision-Making** – Respond rather than react under stress.
- **Boost Well-Being** – Integrate simple daily habits that improve mental, physical, and emotional health.

### About the Presenter

Melo Calarco is an internationally recognised mindfulness and performance coach with over 25 years of experience helping people thrive under pressure. Having coached more than 75,000 individuals, from teachers and executives to Olympic athletes, Melo blends neuroscience, mindfulness, and leadership science to develop clarity, focus, and mental endurance.

His real-world lessons stem from cycling and trekking over 30,000 km across five continents, offering profound insights into resilience, adaptability, and perspective.

### Perfect For

Educators, leaders, and well-being champions who want to:

- Reignite motivation and positive energy each term.
- Strengthen emotional resilience and stress-management.
- Model positivity and calm for students and colleagues.

