



Developing the Self  
Developing the World

# Health and Wellbeing Professional Development

Supporting human development through the indications of  
Rudolf Steiner and Waldorf Education

**Lectures** | At schools or online (from 1.5hours);

**Workshops** | At schools or online 1/2 and up to 2 full days;

**Individual Mentoring** | At schools or online

**Group Intensives** | Northern NSW

**Teacher's Retreat for Individuals** | Northern NSW

Developing the Self Developing the World is a social initiative through which a team of health practitioners, child development specialists and educators provide professional development to teachers for applying Steiner's indications for development, health and education to the world we live in today.

Early childhood, primary and secondary school educators are offered opportunities to further develop their teaching practice and enliven their relationship to delivering Waldorf Education, with a focus on the health and wellbeing of themselves and their students.

**Healthy Relationships with Self and Others; An wholistic approach to social understanding, gender and sexuality**

**Revering and Eliciting the Individuality of Students Towards Healthy Community Life**

**Harmonising the Impact of Technology Through the Therapeutic Curriculum and Complementary to Steiner's Indications for Preventative Healthcare**

**Consciousness and Consciousness-altering Substances and Processes**

**Development, Health and Education**

**Inner and Outer Maintenance of Teacher Health**

Visit [www.developingtheself.org](http://www.developingtheself.org)

to view resources and various ways schools integrate this work into the health and wellbeing of their communities.

## Healthy Relationships with Self and Others;

### An wholistic approach to social understanding, gender and sexuality

This work helps to understand the progressive nature of the changing consciousness of gender and sexuality within society, and how to better understand the influence of the wider community on the conditions and beliefs in which young people are being raised. When working out of anthroposophy we are asked to teach in a unisexual way. Only through a deep understanding of the unfreedom of being man or woman can we contribute to the education and development of others in freedom.

We consider how gender differences and similarities work in child development and human relationships. Through the esoteric understanding of child development we explore what is needed to support a child's growth at various stages of their school life. This brings harmony between the evolving body and soul which sets the ground for healthy adult experience.

This professional development is complementary to the whole school program that Developing the Self Developing the World delivers across Australia and the US, and complementary to the book by Lisa Romero - Sex Education and the Spirit; understanding our communal responsibility for the healthy development of gender and sexuality within society (ISBN 978-0-6484904-8-7)

## Revering and Eliciting the Individuality of Students Towards Healthy Community Life

In community life we learn consciously and unconsciously from each other. Rudolf Steiner stated that to be an educator in the Consciousness-soul Age we need to be able to elicit individuality. This professional development brings ways to perceive, support and elicit the true nature of the individual human being from childhood to adulthood. And we explore the changing role and the need for new community responsibility that can provide young people with what is needed in the growing self-consciousness and separation that they are facing. We look at how young people can be supported within a community that respects, encourages and expands each individual's qualities as the basis for the modern rites of passage into adulthood.

This professional development is complementary to the whole school program that Developing the Self Developing the World delivers across Australia and the US, and complementary to the book by Lisa Romero - Sex Education and the Spirit; understanding our communal responsibility for the healthy development of gender and sexuality within society (ISBN 978-0-6484904-8-7)

## Harmonising the Impact of Technology

### through the Waldorf Curriculum and alongside Anthroposophic Healthcare

As part of healthy development and health in adulthood we require experiences that help to increase and/or maintain our capacity for attention, healthy attachment and self-regulation. This is particularly so when life is being conducted via online platforms. At the foundation of these capacities, are the twelve senses which are also the first step towards both learning and digesting the world around us.

This professional development works deeply with the understanding of the twelve senses and the expressions of hyper and hypo sensitivity. Teacher facilitators bring their living experiences of using the Waldorf curriculum as preventive health care to support the care and harmonious development of the senses. Health practitioners bring self-care class activities that help to harmonise the senses.

We look across the age spectrum, from early childhood, primary and high school and at our own engagement with technology and the world. Ways are brought to support deep engagement with one another without social media or other technologies; to grow capacities for self-observation, inner experience, and self-direction; and to understand both the usefulness and negative impacts of various technologies.

This professional development is complementary to the whole school program that Developing the Self Developing the World delivers across Australia and the US, and complementary to the book by Lisa Romero - Spirit-led Community; healing the impacts of technology (ISBN 978-0-6484904-4-9)

## Consciousness and Consciousness-altering Substances and Processes

We are at a critical time in evolution that is causing pain, discomfort, suffering and challenges. Many express that it is easier to go with the tide or 'sleep' through life and likewise give oneself rewards and breaks from daily life. While at the same time there is a longing to awaken to something greater than the experiences of being bound to our body and earthly life.

This professional development brings awareness to the rapid rise in the abuse of substances and processes as a way of avoiding our task in the world. It differentiates between crossing the thresholds of consciousness through inner development and also by crossing with consciousness altering substances, processes, trauma and illness. We consider this in relation to young people and the ways that we can support them to partake in life and develop a deep relationship to their inner life.

This professional development is complementary to the book by Lisa Romero - A Bridge to Spirit; understanding conscious self-development and consciousness-altering substances.(ISBN 978-0-6485789-2-5)

## Development, Health and Education

In this professional development, health practitioners and teachers share how to observe individual constitutions as well as to observe archetypal developmental stages. Doing so we can learn about ourselves and the children we care for and teach, thereby enabling our understanding of how best to support health through education.

## Inner and Outer Maintenance of Teacher Health

Retreats and mentoring for individuals are offered year round in Northern NSW by a diverse group of health practitioners that makes for rich and varied experiences for supporting your individual focus which may be for health and/or your inner development path. A foundational retreat rhythm provides private accommodation, meals, footbaths and rituals for self-care, plus conscious conversations, study and time for reflection on your focus. Therapies and/or mentoring can be added and along with the dates and times become your individual retreat rhythm.

The practitioners and team providing and supporting the retreats welcome anyone who wishes to engage in their inner development and health within this held space. For anyone working with professional development such as Lisa Romero's year-long Inner Development for World Development course and other EduCareDo year-long courses, as well festival gatherings by Inner Work Path, the retreats gives an opportunity to be in conversation with practitioners and educators applying this work.

The therapeutic add-on menu includes:

- Anthroposophic Remedies
- Therapeutic Eurythmy
- Oil Dispersion Bath Therapy
- Rhythmical Einreibung Body Oiling
- Compresses and Footbaths
- Etheric Massage
- Nature Studies
- Biodynamic Gardening
- Biography Studies
- Art Therapy

A three night retreat starts from \$780

The property also gives itself to facilitated group professional development intensives for strengthening the collegial body.