



Cardiff Steiner School

# 'Waldorf Education - Theory & Practice'

-an introductory and CPD training course-

## 4 x Half Days Course for Waldorf Educators

with Joy de Berker

An engaging and active course for all Steiner Waldorf educators. Using core concepts to enhance your practice and approach to working with groups and individual children. The course has a focus on Salutogenic effect - factors that support human health and well-being, with many opportunities for reflection, connection and sharing of experiences.



### Who's it for?

- **All adults working in a Steiner School with no previous Waldorf training** - Class Teachers, Assistants, Subject Teachers, Administrators etc.
- **Practising, trained Steiner Teachers, and others working in anthroposophical settings** wishing to further their understanding of the underlying principles that inform a healthy Waldorf practice.

"An environment where child development is truly understood and considered makes for an inner resilience and confidence in the life of each child."

### About Joy de Berker

Joy has been involved in Steiner education since 1987 both as teacher and parent. She has been a visiting lecturer at colleges and University teacher-training departments and has worked as a mentor for many new Steiner teachers and schools. Joy runs courses for parents on Steiner Early Years education and the Bath Steiner Study and Eurythmy Groups. Joy has a close connection with Cardiff Steiner School and is currently furthering her own studies there as a School Health Practitioner.

### What you'll learn

- **The Four Temperaments**  
Using the Temperaments to develop observational skills that support your understanding of children, and as a tool for creative discipline.
- **The Three & Four-Fold Being**  
Using the concepts to help children achieve balance. The relevance of Story and language in engaged learning.
- **The Twelve Senses**  
Understanding the role of the senses in child development and learning. How to identify sensory imbalances.
- **The Seven Life Processes**  
An introduction to the processes and how they can help us all overcome challenges - child, family and school. Exploring wider well-being in our time.

### How you'll learn

You'll be actively involved in the learning process using:

- 4 themed sessions - core concepts and how to apply these in the learning environment
- Practical activities to reinforce learning
- Verse, Singing, Games, Art, Craft & Storytelling
- Group Work and discussion from your settings, with opportunities for sharing experiences and problem solving
- Reflective learning and practice
- Background reading for each session

### Course Info

#### Dates (all 1.00-4.30pm)

Sat 15 Feb      Sat 28 Mar  
Sat 14 Mar      Sat 9 May

#### Venue

Cardiff Steiner School  
Hawthorn Road West  
Llandaff North  
Cardiff CF14 2FL

#### Book & Contact:

**Cost £120** for all 4 sessions

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# Course Programme

## -and participation-

### Course Commitment

The course has been designed as a progression of learning, with group communication an integral part of the process. Participants therefore need to **commit to attending all four sessions** and to undertake the home study aspects.

### Course Content

#### SESSION PROGRAMME

1.00 - 1.30 Verse, Singing, Games  
1.30 - 3.00 Main Topic & Discussion  
3.00 - 3.30 Break for refreshment  
3.30 - 4.30 Art / Craft / Storytelling

#### SESSION 1. SAT 15 FEBRUARY

##### The Four Temperaments

An introduction to the Temperaments and their relationship to the four main organs of the body. How can we develop clear observational skills to see each child's inner being as manifest by their physical constitution, and how can this understanding be used as a tool for creative discipline?

##### *Recommended Reading*

"Anthroposophy in Everyday Life" – R.Steiner GA 57. Pages 67-81 (section on the temperaments)  
"If the Organs could Speak"  
O. Koob, Pages 84-98

#### SESSION 2. Sat 14 MARCH

##### The Three & Four - Fold Being

How can these concepts be of use to teachers in understanding each child and where they may need help to become a balanced individual? How can stories reveal their relevance, and how can we use language in a way that engages the whole class?

##### *Recommended Reading*

"The Education of the Child"  
R.Steiner Pages 5 - 48

#### SESSION 3. SAT 28 MARCH

##### The Twelve Senses

An exploration of what each of these senses are and their impact on our development. How might a child manifest imbalances of either impoverishment or overload in certain senses. How do our sense impressions affect how we learn, and what we digest during the day and take into sleep?

##### *Recommended Reading*

"The Twelve senses"  
A. Soesman Pages 7 - 140

#### SESSION 4. SAT 9 MAY

##### The Seven Life Processes

How can an understanding of the seven processes be applied to everyday life? Can they help us see where, not only the child, but ourselves, our work places, and our own family situation, may need help to overcome obstacles and challenges? How do the conditions of our time impact on humanity's well-being and how can they be remedied?

##### *Recommended Reading*

"The Seven Life Processes"  
P. Gelitz & A. Strehlow, Pages 17-93



### Home Study

To fully benefit from the course participants are expected to:

- **Take notes during the sessions**  
No laptops please, but phones can be used for recording diagrams and to record songs.
- **Keep a Reflective Diary**  
After each session participants will be asked to e-mail their own thoughts to Joy. Further details given in Session 1.
- **Recommended Reading**  
Participants are expected to read the recommended reading prior to each session. These can be found on-line or at the Rudolf Steiner Archive if you do not have books.

