



PESA

Positive Education Schools Association

Positive Education Schools Association Western Australia Chapter 2018 Conference

Saturday 9 June

A free copy of Professor Lea Waters' The Strength Switch to the first 80 registrants so BOOK NOW!

Proudly hosted by



Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA



Acknowledgement of Country

The Positive Education Schools Association, the PESA Western Australian Chapter and Christ Church Grammar School acknowledge that we are meeting on the traditional country of the Whadjuk people of the Noongar nation. We acknowledge the elders both and present and are yet to come. We recognise and respect their cultural heritage, beliefs and relationship with the land. We acknowledge that they are of continuing importance to the Noongar people living today.



About the Positive Education Schools Association (PESA)

PESA is a **peak association** of schools, universities, educators, parents, researchers, charities and other community members who share an interest in an **evidence-based approach to wellbeing**, and a commitment to supporting our schools, students, and the wider community to **flourish**. We are based in Australia with a national focus, and also welcome international members.

PESA History

Until 2011, the early adopters of Positive Education in Australia worked largely in isolation or within small networks of schools in which knowledge and experiences were shared informally.

Early in 2012, Peninsula Grammar (Victoria), St Peter's College (South Australia) and Knox Grammar School (New South Wales) met with Associate Professor Lea Waters at the University of Melbourne's Graduate School of Education, to explore the likely benefits of forming an association of educators who shared the vision of promoting Positive Education in all schools across the nation.

The notion of learning from each other, as well as encouraging other schools to embrace the tenets of positive psychology was clearly a shared vision of these three schools.

A few months later, the leaders of nine schools from across Australia came together at St Peter's College in Adelaide for an inaugural workshop at which the foundations of the association were discussed.

Much work was done during 2012 – 2013 to develop the mission, vision and core values of the new association, which was to be named the Positive Education Schools Association. This work was assisted greatly by Michelle McQuaid, using an Appreciative Inquiry approach.

From the beginning, there was a strong commitment for PESA to be an association of educators and schools from all sectors, across regional and metropolitan Australia: government, independent and systemic.

The founding schools of PESA provided countless hours of support and generous financial assistance to enable our Association to formally launch at the 4th Australian Positive Psychology & Wellbeing Conference held at the University of Melbourne in February 2014.

PESA Vision

For the science of wellbeing and Positive Psychology to be integrated throughout the education system, enabling all students, schools, and communities to flourish.

PESA Mission

To lead, promote, and foster the implementation and development of Positive Education.

PESA Board

Chairman: Simon Murray
Deputy-Chair: Anne Johnstone
Treasurer: Warren Symonds

Leonie Abbott
Joanne Alford
Janis Coffey
Charlie Scudamore



PESA Chairman's Welcome



Simon Murray
PESA Chairman

On behalf of the Board of Directors of the Positive Education Schools Association (PESA), I am delighted to extend a very warm welcome to you to our inaugural Western Australia Chapter Conference.

Christ Church Grammar School is our host today, an outstanding school committed to ensuring its students become global citizens who are lifelong passionate learners, empathetic leaders and catalysts for change in the world. I offer my sincere thanks to its principal, Mr Alan Jones, and his wonderful staff for hosting us.

For educators, parents and members of the wider community who share a commitment to evidence-based approaches to student wellbeing, this conference will offer a marvellous range of practical tips and tools - whether you are just commencing your Positive Education journey, or are further advanced.

Today's conference is significant; it marks the continued growth of our association, and the establishment of State and Territory Chapters across Australia, to support and connect our members at a local level, has been one of PESA's key achievements over the course of 2018.

Over the course of today's conference, I encourage each of you to take full advantage of the opportunity to connect with your fellow delegates, keynote speakers and workshop presenters. We are so fortunate to be part of an inclusive, collaborative community of educators, academics, parents and others, eager to share ideas and learn from each other. This is the magic of Positive Education and our willingness to 'pay it forward' is a critical element of the growth of this field.

At this conference, you will learn from some of Australia's most renowned experts, who will share with you the latest research, data and a wealth of experience. Our presenters will provide insights and practical takeaways for whatever stage you are at in your own Positive Education journey – whether you are keen to learn about designing a Positive Education strategy, adopting a Positive Education approach in your school, or embedding and growing your current Positive Education practices. I can assure you that today's conference will provide a myriad of relevant information and tools. I would like to express my gratitude to the many people presenting keynotes today for generously sharing their knowledge and experience.

My thanks also to our Conference organising committee for the countless hours they have volunteered to bring you an exceptional professional development event.

Our presenters and committee alike have worked hard to ensure that all delegates will walk away at the end of the day brimming with exciting new ideas and practical initiatives.

I do hope that you enjoy the conference. Have fun, grow your knowledge, embrace new connections, and be inspired and energised by all that you learn today. You are part of a rapidly growing Positive Education movement, committed to enabling students to flourish and communities to thrive, and I applaud each of you for your commitment to effecting positive societal change.

Conference Welcome



Marita Hayes-Brown
PESA CEO

A very warm welcome to the Positive Education Schools Association WA Chapter Conference for 2018 – the very first since the inception of our WA Chapter.

Our State and Territory Chapters support and assist our members on a local level, provide our association with insights and ideas from our members' grass-roots experiences, and run state and territory-based professional development events, such as this conference.

It has been inspiring over the past 12 months to watch our Chapters developing nation-wide, and it is remarkable to see what they have achieved with dedication, inspiration and collaboration.

PESA is very grateful to the dedicated group who make up the organising committee of our WA Chapter, not only for their commitment to Positive Education and professional collaboration, but also for their steadfast support of our association.

We thank our host school, Christ Church Grammar School, one of the state's lighthouse Positive Education schools. Thanks also to our keynote and workshop presenters who are generously sharing their experience and expertise today.

I hope you take every opportunity today to connect, collaborate and share your ideas and knowledge with other delegates, and I am confident that each of you will leave this conference feeling inspired and energised about Positive Education and its power to enhance student and wider community wellbeing.

PESA is committed to supporting you to create and grow thriving, supportive schools, at which young people can become their best selves, equipped and eager over the course of their lifetimes to contribute to more flourishing communities.

Thank you for attending today's conference.



Laura Allison
PESA WA Chapter Chair

On behalf of the PESA WA Chapter, I am thrilled to welcome you to our inaugural WA State Conference.

I must extend my deep gratitude to the 2018 WA Chapter Committee:

Wayne Revitt
Deb Perich
Clayton Massey
Liam Casson
Andrew Lincoln
Veronika Sutton
Maree James
Chris Kan

This foundational Committee convened in late 2016 and generously volunteer both their time and expertise to support the growth of Positive Education in WA. The wisdom, hope and enthusiasm they each bring to the objectives of the Committee is truly valued and appreciated. I know the PESA WA Committee are looking forward to connecting with you throughout the Conference today, so please do reach out to them.

I would personally like to recognise Deb Perich and Liam Casson for their contribution as part of the organising Committee for this Conference. Without them, this event would not have been possible.

I hope this conference further ignites the growing Positive Education movement in WA and inspires each of you personally and professionally. There is something powerful and energizing that emerges when we surround ourselves with people committed to this wellbeing journey. My dream for you is that you leave this day full of purpose and inspired by the possibilities of how you can translate your learning into action.

Program at a Glance

Saturday 9 June

Time	Event	Place
8.30 – 8.50am	Conference Registration	
8.50am	Welcome – Alan Jones Principal, Christ Church Grammar School	
8.55am	Welcome - Laura Allison PESA WA Chair	
9.00am	Welcome to Country	
9.05am	Welcome - Marita Hayes-Brown PESA CEO	
9.15 – 10.10am	Keynote - Dr Peggy Kern University of Melbourne <i>Show Me the Evidence: The “Science” of Positive Psychology within the Complexities of the Real World</i>	
10.10 – 11.05m	Keynote – Cameron Norsworthy CEO, The Flow Centre <i>Learn to Flow</i>	
11.05 – 11.30am	MORNING TEA	
11.30 - 12.20pm	Keynote - Laura Allison Catholic Education WA Liam Casson Christ Church Grammar <i>Wellbeing in the Curriculum: Maximising the Effectiveness of Teaching Wellbeing Skills</i>	
12.20 – 1.10pm	Keynote - Thea O'Connor <i>Are we headed for another GFC – Great Fatigue Crisis?</i>	
1.10 - 1.50pm	LUNCH	
1.50 – 2.40pm	Keynote - Professor Lea Waters University of Melbourne <i>Visible Wellbeing: Extending Positive Education Beyond Curriculum and Into Cultural Change</i>	
2.40 – 2.45pm	BRAIN-BREAK	
2.45 – 3.35pm	Discussion Panel - Wellbeing Measurement Dr Deb Perich Perth College Dr Clayton Massey Tranby College Andrew Lincoln Bunbury Cathedral Grammar School	
3.35 – 3.40pm	BRAIN-BREAK	
3.45 - 4.35pm	Keynote - Dr Amy Finlay Jones Telethon Kids Institute <i>Self-Compassion</i>	
4.35 – 5.25pm	Keynote – Vital Conversations <i>Staff Wellbeing</i>	
5.25 – 5.30pm	Closing Address - Laura Allison PESA WA Chapter Chair	

Keynote Presenters

(in order of appearance)

Dr Peggy Kern

University of Melbourne



Dr Peggy Kern is a senior lecturer at the Centre for Positive Psychology within the University of Melbourne's Graduate School of Education.

Her research focuses on understanding, measuring, and supporting wellbeing across the lifespan. She works with schools and workplaces and examines strategies for bridging gaps between research and practice. She has published 2 books and over 70 peer-reviewed articles and chapters. You can find out more about Dr Kern's work at www.peggykern.org

Show Me the Evidence: The "Science" of Positive Psychology within the Complexities of the Real World

Over the past decade, positive education has increasingly gained momentum across Australia and abroad. Programs, curriculum, and interventions have been developed to support student and staff character, wellbeing, resilience, social and emotional regulation, and other non-cognitive skills. The common message behind these programs is that they build on the science of positive psychology. And yet successful implementations of positive education look very different than the carefully structured interventions described in the scientific literature.

Educators are drawing on positive psychology concepts and adapting them to their context. On the one hand, such practices allow positive psychology concepts to be translated into real world contexts. On the other hand, as applications become increasingly distanced from the original research, good intentions can be misguided, resulting in schools spending valuable time and resources on efforts that are ineffective or even harmful.

This talk will revisit the intersection of research and practice, considering the role of science, the challenge of complexity, and implications for educators moving forward.

Cameron Norsworthy

CEO, The Flow Centre



Cameron Norsworthy is a coach, entrepreneur, and author. Cameron has run The Flow Centre since 2013, which specialises in disseminating information on flow and delivering integrative coaching and positive educational training programs.

Cameron started his career as a junior British tennis player competing in three World Championships. Fascinated by optimal experience and Flow, Cameron studied Psychology at both undergraduate and postgraduate level and awarded the Outstanding Academic Achievement Prize for reports surrounding flow and performance. Cameron has coached numerous World Champions, executives, entrepreneurs, principals, and high-profile military personnel. Due to Cameron's work with elite athletes and depth of knowledge surrounding flow, he has recently secured a publishing deal with MacMillan and agent Curtis Brown for a book on finding Flow.

Learn to Flow

Flow is the scientific term for an optimal state of functioning in which we have a total concentration on the task at hand and use our skills to the utmost.

In educational environments flow has been shown to induce the short-term benefits of enjoyment, gratification, and a sense of mastery from learning tasks in both teachers and students. Longer-term benefits of flow include academic confidence, increased desire to seek out further education, and being a predictor of future academic performance.

This presentation will highlight Cameron's personal journey towards finding flow and how flow is integral to optimal learning environments. You will have a chance to reflect on your own optimal experiences, hear what Cameron has achieved with elite athletes, and how cultivating flow may require a differing focus that is typically associated with performance and well-being.

Keynote Presenters, cont.

(in order of appearance)

Laura Allison

Catholic Education WA



Laura Allison (BSc, BPsych, MPsych, ProfCertEd(PosEd)) is a registered psychologist currently employed as the Coordinator of the Psychology Team at Catholic Education WA. Laura has worked across the Government, Catholic and Independent sectors and has been the Director of Wellbeing in two schools most recently at PLC Perth where she lead the project for the Lighthouse Wellbeing Centre. Laura was the recipient of the 2015 WA School Psychologist of the Year Award and is currently completing her PhD with the University of Melbourne researching the relationship between teacher practice and student wellbeing.

Liam Casson is the Director of the Wynne Centre for Boys' Health and Wellbeing at Christ Church Grammar School and is charged with mapping the Health and Wellbeing program throughout the school and embedding many of the key elements of Positive Education. Liam has previously worked at an International School and oversaw the Player development/Wellbeing program at the Fremantle Dockers Football Club for 4 years. He sits on the WA Chapter Positive Education Schools Association and has completed the Certificate in Positive Education. He is currently completing his Masters of Applied Positive Psychology also through the University of Melbourne. He is a passionate about helping young people develop to be the best they can be and promoting positive holistic health and wellbeing.

Wellbeing in the Curriculum: Maximising the Effectiveness of Teaching Wellbeing Skills

There are many programs available to schools under banners such as wellbeing, social and emotional learning, positive education and resilience curriculums. Laura will provide an overview of such curriculums and the critical elements that will maximise the effective of delivering such programs to students within schools as well the barriers that will undermine their success. Liam will then provide a case study of how Christ Church Grammar has approached wellbeing through their programs and the learnings from this journey.

Liam Casson

Christ Church Grammar



Thea O'Connor

Thea.com.au



Over the last 20 years Thea's work has spanned nutrition, body image, workplace health and sleep science, in the forms of 1-1 consultations, prevention and early intervention initiatives in schools and workplaces, conference presentations and writing for national media outlets.

In all of these arenas she considers herself a long-standing advocate of the body in an increasingly disembodied culture that drives us to over-ride our natural rhythms, then over-rely on artificial stimulation to get us through the day, and over-write our natural physical diversity with photo-shopping or cosmetic surgery, then aspire to cruel body ideals that leave us feeling less-than.

In the workplace she specialises in Personal Sustainability offering unique principles and practices for renewing energy and focusing attention during a typical, hyper-connected working day. In schools her team works with young people to help them respect their natural weight, shape and appearance.

Are we headed for another GFC – Great Fatigue Crisis?

Time, money and energy are commonly regarded as vital life resources. When it comes to energy, how skilled are we at managing it?

The state of our earth's energy reserves indicates that as humans, we have a lot to learn. But what about personal energy?

In this presentation personal sustainability specialist Thea O'Connor will explore:

- What proportion of the population is, energetically speaking, 'in the red'? We cover children, teenagers and adults, including teachers.
- 4 causes of depletion in humans, that have parallels with the earth's energy depletion.
- Effects of 'white collar fatigue' on the pre-frontal cortex of the brain, with implications for learning and teaching.
- Practical personal sustainability principles that will help teachers and students alike avert an energy crisis.

Keynote Presenters, cont.

(in order of appearance)

Professor Lea Waters

University of Melbourne



Lea Waters PhD is an Australian academic, researcher, psychologist, author and speaker who specializes in positive education, parenting and organizations.

Professor Waters is the Founding Director and Inaugural Gerry Higgins Chair in Positive Psychology at the Centre for Positive Psychology, University of Melbourne where she has held an academic position for 22 years. Lea holds affiliate positions at Cambridge University's Well-Being Institute and the University of Michigan's Center for Positive Organizations. As a researcher, she has published over 100 scientific articles and book chapters. Lea is the 2017-2019 President of the International Positive Psychology Association and serves on the Council of Happiness and Education for the World Happiness Council. Her book, *The Strength Switch: How the New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish*, was the top release on Amazon in the parenting category and was listed in Top reads for 2017 by Berkley University's Greater Good Centre and has been translated into 5 languages. In 2015, Lea was listed as one of Australia's Top 100 Women of Influence by the Financial Review and Westpac Bank. She has been listed in the Marques 'Who's Who in the World' since 2009 and has been included in the 2017 edition of Who's Who of Australian Women.

Visible Wellbeing: Extending Positive Education Beyond Curriculum and into Cultural Change

Visible Wellbeing is a whole-school approach that embeds positive psychology across all student levels and into the staff room in order to create the sustained cultural change needed to support wellbeing in all members of the school.

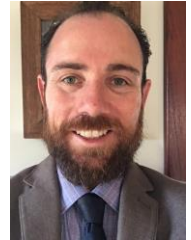
Visible Wellbeing is based on the science and peer reviewed publications of Professor Lea Waters (PHD, organisational psychologist) and combines the science of wellbeing, the science of teaching and the science of organisational change. In this keynote, Professor Waters will outline the key elements of creating positive organisational change and will guide participants through the VWB school Audit so they can leave with some clear directions of where to invest in positive change.

Dr Deb Perich
Perth College



Dr Deb Perich (BPE, Dip Ed, ProfCert Pos Ed, PhD) is the Director of the InsideOut self-leadership program at Perth College where she has implemented a Kindergarten to Year 12 course incorporating positive psychology. She has a passion to help young women and organizations to flourish.

Dr Clayton Massey Andrew Lincoln
Tranby College Bunbury CSG



Dr Clayton Massey is a leading 21st Century education expert with an international reputation for results and innovation. He has worked in Australian schools and colleges for twenty-six years. Clayton specialises in how students learn. At the heart of his work is a passion for creating effective, quality school communities; nurturing individual abilities whilst developing broad academic and social skill sets.

Andrew Lincoln is the Head of Psychology and Positive Education at Bunbury Cathedral Grammar School. He has worked at the school as a Psychologist, Deputy Head and currently also teaches Year 11 and 12 ATAR Psychology. He sits on the WA Chapter Positive Education Schools Association. He believes that improving the wellbeing of students and staff should be a central strategy for all schools. Andrew has four children with whom he shares a passion for Wellbeing and for sport!

Discussion Panel – Wellbeing Measurement

In this panel discussion, Dr Deb Perich, Dr Clayton Massey and Andrew Lincoln will share their considerable shared experience on the topic of wellbeing measurement and the methods of, and reasons for, data collection.

Dr Amy Finlay Jones

Telethon Kids Institute



Amy's primary research interests are translational research, neurodevelopment, and contemplative science.

She is currently a postdoctoral researcher at Telethon Kids Institute (FASD Centre of Research Excellence) and has an adjunct academic position at Curtin University. Amy trained at the Stanford University Center for Compassion and Altruism Research and Education (CCARE), the UCSD Center for Mindfulness, and the Institute for Mindfulness-Based Approaches.

Amy is a certified facilitator of the Compassion Cultivation Training program, and is trained to facilitate the Mindful Self-Compassion and the Mindfulness--Based Compassionate Living programs.

Self-Compassion

Details TBA

Vital Conversations

Vitalconversations.com.au



Staff Wellbeing

Details TBA

Conference General Information

Registration

Registration will take place at 8.30am

Cost

PESA members	\$135
PESA non-members	\$185 (includes an annual PESA individual membership)
Full-time students	\$85

The price includes:

- Attendance at all keynote addresses
- Coffee and tea upon arrival, morning tea and lunch
- Conference collateral

Online Registration

<https://www.trybooking.com/VTPM>

Dietary and Access Requirements

Please email contact@pesa.edu.au at least one week prior to the conference detailing your dietary and access requirements.

How to Connect to Guest WiFi

Connect to Network PESA WA
Password CCGS2018

Dress Code

Smart casual

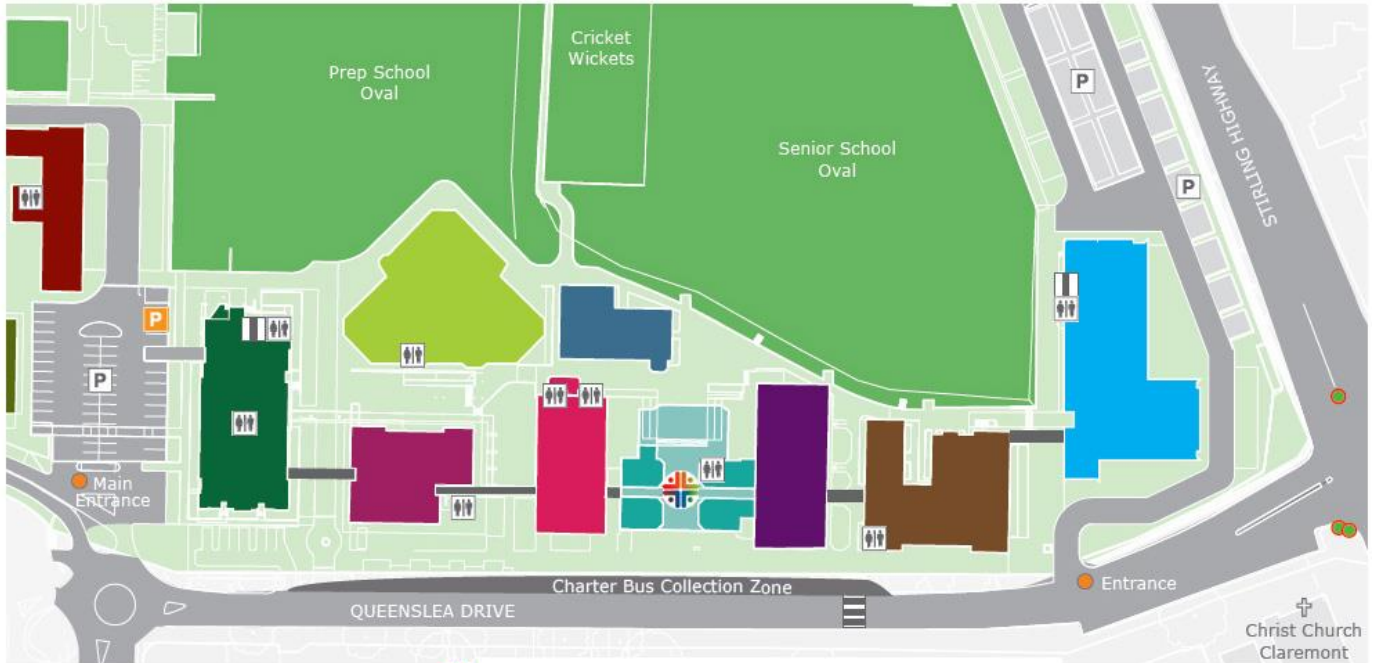
Program


PESA reserves the right to make alterations to the program if deemed necessary.



Christ Church Grammar School

Campus Map



 The Conference will take place in the Senior School Staff Room (Q Block) as shown

Parking is available in the areas marked  as shown, which can be accessed directly off Queenslea Drive.

Please enter the school via the main gates on Queenslea Drive.

