



POSITIVE EDUCATION

where (and how) to start

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Are schools responsible
for **wellbeing**?





WHAT IS POS ED?

We link **academic skills**
with **wellbeing skills**

Eg. Reading, writing, and 'rithmetic with
development of character, understanding
and use of strengths, and resilience skills



IS YOUR SCHOOL READY TO
IMPLEMENT **POS ED**?

QUESTIONS TO CONSIDER

- a. To what extent is it the role of schools to tackle and teach mental health?
- b. How does your staff respond to change?
What is the culture?
- c. What strategies or programs do you have in place for improving wellbeing?
- d. How literate is your staff when it comes to wellbeing?
- e. To what extent are staff living well?
- f. To what extent are students (and families) living well?

“There is substantial evidence from well controlled studies that skills that increase resilience, positive emotion, engagement, and meaning **can be taught** to school children.”

(Seligman, Ernst, Gillham, Reivich, & Linkins, 2009.)



The background image shows a vast field of grey, rectangular concrete blocks of varying heights, arranged in a way that creates a sense of depth and perspective. The blocks are set against a backdrop of trees with autumn foliage in shades of yellow and orange, and a sky filled with large, white and grey clouds. The overall mood is contemplative and somewhat somber.

What are the **stumbling blocks**
to implementing Pos Psyc in schools?

REASONS AGAINST	WHAT IS SAID IN THE SCHOOL HALLWAY	WHAT IT MEANS
Financial	"We don't have any budget for any of that type of innovation!"	The perspective that a substantial budget is required to drive change and systems improvement
It's marginal	"You want to focus on well-being? Where are the immediate benefits, what about teaching them to write!"	It is perceived as a marginal topic from serious mainstream educational improvement strategies
Either/or thinking	"Well you can't have your cake and eat it. It is either maths or making them feel good"	At a policy level is often seen through the lens of an either/or model: it's well-being or literacy, well-being or numeracy. It is rarely well-being and numeracy
Maverick providers	"I did the 3 day course let me tell you about my strategy for 1000 students"	Mavericks, swindlers and second tier training stand to make a huge amount of money from well-being training programs under the guide of various institutions promise to 'train' teachers in well-being
Scientism	"Well, according to the latest science"	It blindly can become scientism where the scientism method is seen as the most authoritative approach and can overlook underlying assumptions and philosophies
Not central to good governance	"Have you any idea what the unemployment rate is our district!"	Discussion about well-being is a distraction from much larger questions or policy including: productivity, healthcare and energy
The silver bullet	"You have ticked al the boxes ... well, if the well-being of teachers is right, the well-being of students is right—then they will be able to read better"	It can be sold as a silver bullet or Trojan Horse that can fix all of the challenges in education. This is sometimes characterised by the oversimplified statement "get their well-being right and then everything will follow"
Social economic status and culture	"All students are languishing, so how can they learn?"	Well-being is an excuse for policy makers not to address declining performance standards in reading, science and mathematics

LET'S GET STARTED.

Where do we **start**?

The image features a blurred background of a classroom with children. In the foreground, a yellow container holds several colorful crayons. Overlaid on this is a text question in white and yellow font.

What are the best experiences
you've had **implementing new ideas** and
programs into your school?

WITH YOU





WITH THE **RESEARCH**

- a. Use the right language
EG what is wellbeing?
- b. Rely on the evidence
- c. Find mentors and guides
- d. Complete a course or program

WITH A **MODEL**

- a. PERMA
- b. SDT
- c. 5 Ways to Wellbeing
- d. Build your own



WITH A TEAM OF **LEADERS**

PASSION LED US HERE





WITH **BUY-IN**

- a. Why focus on wellbeing?
- b. What are we doing with wellbeing?
- c. What is our timeframe?
- d. How can we measure this?



WITH EXPERIENCED **GUIDES**



HOW TO **START**

- a. Slowly – with staff and then beyond
- b. With the right information
- c. With ideas that are fresh, but familiar
 - I. Strengths
 - II. Mindfulness
 - III. Grit
 - IV. Gratitude
 - V. Hope

A close-up photograph of a person's hands holding a small green seedling with dark soil. The person is wearing a blue lace-trimmed top. The background is blurred, showing more of the person's torso and arms. The text "LEARN IT LIVE IT TEACH IT" is overlaid in white on the right side of the image.

**LEARN IT
LIVE IT
TEACH IT**

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Raising
kids who'll
bounce
back from
adversity
and
challenging
times

