



Your PESA ACT Chapter is delighted to invite you to our Term 2 event

## *Positive Education – Let's Get Practical!*



This will be an afternoon of sharing insights and strategies for the practical implementation of positive education in classroom settings.

### **Session 1: Karen Gilligan**

#### ***Neuroscience and Strengths Awareness – Yes We Can!***

Sometimes we incorrectly assume that young children can't understand the science of positive psychology and we think we need to simplify it for them. In this session Karen will share her experiences of learning with and from young children, as well as providing some tips in bringing them along on the Pos Ed journey without 'dumbing it down'.

### **Session 2: Melanie Spencer**

#### ***The Overlooked and the Actively Avoided – Let's Do This!***

We're all aware of character strengths (particularly the VIA kind). We love discovering them, fostering them and spotting them in others BUT, some are easier to engage with than others and these can sometimes steal the limelight. In this session, Melanie will lead us in taking a closer look at those character strengths that are sometimes overlooked or just a little bit hard to work with, and provide some practical tips about these for classroom settings.

### **Session 3: Kim Bence**

#### ***A Whole School Pos Ed Journey***

Kim is the Deputy Principal at Ravenswood School for Girls in Sydney. In this session, Kim will share her experience of bringing wellbeing to scale at a whole school level, as well as providing tips and advice for those on their own whole school journeys.

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| <b>Date:</b>  | Tuesday May 28  |
| <b>Time:</b>  | 4pm – 6pm   |
| <b>Venue:</b> | Holy Family Primary School<br>Castleton Cres, Gowrie ACT  |
| <b>Cost:</b>  | Free to PESA Members<br>\$80 Non-Members (includes annual PESA Membership)<br>\$25 Full time students (includes annual PESA Membership) |

To reserve your place, please [click here](#).

**We look forward to seeing you there!**