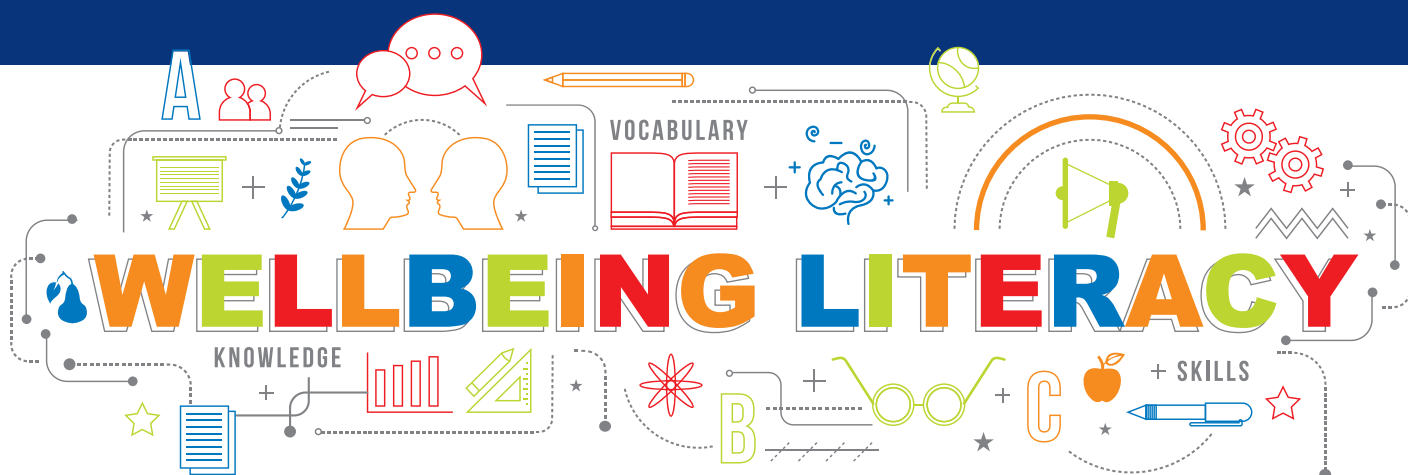


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USING LANGUAGE TO INTENTIONALLY IMPROVE WELLBEING

PROF LINDSAY OADES & DR CORINA OZTURK



Wellbeing Literacy - A capability for students to thrive

The school education system represents possibly the best lever there is to create generational change in how we all think about and experience wellbeing. The other pervasive lever we have is language itself, which not only describes but also shapes our possible realities and relationships. Hence, developing wellbeing literacy- how we communicate about and for wellbeing is central: how we read and write about and for wellbeing; how we speak and listen about and for wellbeing, how we view symbols about and for wellbeing and how we create images and stories about and for wellbeing. We will argue that by focussing on what students learn, rather than wellbeing itself we place positive education in a learning discourse rather than a health and illness discourse. Importantly, we escape the negativity bias trap of seeing positive education only as illness prevention. Wellbeing literacy liberates us from thinking that positive education is another program to add to a crowded curriculum. Rather it is a generalised capability towards which many of us are already working.

Prof Lindsay Oades

Professor Lindsay G Oades (MBA with Distinction, PhD) is the Director of the Centre for Positive Psychology, MGSE, at the University of Melbourne, and a PESA Director. As a wellbeing strategist he is known for his future minded vision. He is a Gross National Happiness ambassador for Bhutan, has consulted to the Australian and NSW Mental Health Commission, the NSW Department of Education and Communities for the NSW Wellbeing Framework for Schools. His vision is for every school child in Australia to have a personalised wellbeing plan.



Dr Corina Ozturk

Dr Corina Ozturk (BA Hons, PhD Clin) is a research assistant at the Centre for Positive Psychology at the University of Melbourne. Corina's current research at the centre examines wellbeing literacy and personalised wellbeing planning. Corina recently presented workshop 'Wellbeing Literacy: How we use Language to Intentionally Improve Wellbeing' at the 2019 International Positive Psychology Association World Congress in Melbourne.



Location - Camberwell Girls Grammar School, 2 Torrington St, Canterbury VIC

Price - Free for PESA Members

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WEDNESDAY 16 OCTOBER, 2019 4.30PM – 7PM