

PESA 2022 WELLBEING IN EDUCATION CONFERENCE – TASTER SESSIONS

SATURDAY 8 OCTOBER 2:25PM

Listed alphabetically by presenter surname

Presenter/s	Organisation	Session title	Room	Who are we?	Session Overview
Mark Callagher	MyMahi	MyMahi - supporting student learning, wellbeing and future pathways	Senior Learning Centre Room 201	Schools are quickly seeing the benefit of how MyMahi seamlessly supports their Positive Education programmes. MyMahi gives teachers and coaches the platform and resources to provide holistic support for their learners. Schools use MyMahi's tools and resources to develop students' agency, social and emotional learning, resilience and general capabilities. MyMahi's 150+ evidence-based lessons are designed to easily integrate into school-wide homegroup and other well-being and respectful relationships support programmes. Learners use MyMahi to explore and record their strengths, passions, goals and aspirations. They develop awareness and self-management skills with well-being tools like the daily gratitude diary.	In this session, you will be provided with a brief overview of the MyMahi platform followed by a demonstration of the learner tools and the Mentor/Teacher platform and resources. You will also hear how learners, teachers and school leaders have been experiencing the positive impact that MyMahi is having. There will be an opportunity for questions at the end and to visit our stand during the conference.
Orville Gardener	Berry Street Education Model		Senior Learning Centre Room 202	All students, particularly those who present complex needs within a classroom, benefit from strategies that increase their engagement and wellbeing in order to achieve academic success. Berry Street's trauma-informed positive education approach enables educators to successfully increase ALL student's self-regulation, relational capacity, growth and achievement.	This session will be an informal discussion for those who are keen to learn more about the Berry Street Education Model. Join us to chat about: <ul style="list-style-type: none"> • Practical pedagogical strategies to engage all students, especially disadvantaged learners • Practical strategies that reinforce cognitive and behavioural change • Practical strategies that improve teacher awareness of self-care • Evidence informed and independently evaluated by the University of Melbourne • A consistent language for school
Louise Hall	Mackillop Family Services - Good Grief		Senior Learning Centre Room 203	We have been training people in our flagship change, loss and grief program 'Seasons for Growth' children and young people's program for 25 years. The programs are written by Professor Anne Graham, AO Southern Cross University, and over 350,000 people have benefitted from the program in Australia, New Zealand, Scotland, England and Wales. The programs are psychoeducational and founded in theory and evidence and use the metaphor of the seasons to illustrate the experience of change and loss. We build capacity by offering training in our suite of programs to support children and young people in Schools and community organisations. Our Stormbirds program supports following natural disaster.	Session cancelled – our apologies

Ben Lovell	EC by Go1	How to revolutionise professional learning at your school.	Senior Learning Centre Room 204	EC Premium provides unlimited access to world class professional learning for K-12 educators, by subscription. Find out more at ec.inc	<p>EC Premium is an online Professional Learning Portal that provides teachers, leaders and school staff with unlimited access to world-class K-12 education content, by subscription. Our content aggregation model helps deliver inspiring and relevant learning content to different teams and learning styles within your school. The breadth and depth of the content library ensures that the right learning is always available at the right time.</p> <p>Each staff member has their own personalised learning portal with content curated just for them – including recommendations for new courses, as well as a learner record and certificates of completion. School administrators can assign courses to staff, track completion rates and keep a record of everyone’s learning. You can also create your own school-based learning groups, as well as build out your own PL courses and customized playlists. EC Premium was created in Australia, for Australian schools and is a game-changer for professional learning in schools.</p>
Tahlia Megele	Zart	Wellbeing through creativity	Senior Learning Centre Room 301	Zart provides professional learning opportunities for educators and individuals. We train over 4000 teachers nationally with our online and face to face workshops and our annual conference which focuses on themes such as indigenous art and wellbeing. Zart are also a supplier of art and craft materials, stationery and educational products. We pride ourselves on being customer service specialists who provide ongoing support and advice on products, techniques and ideas for creative projects.	At Zart we know creativity is the pathway to achieve a multitude of learning outcomes and has the ability to lift our moods and positively alter our emotional state. Wellbeing through creativity allows us to consciously address what naturally occurs when we’re expressing ourselves in a creative way. Join us as we explore ways to improve student and teacher wellbeing through creativity. At Zart many of the workshops and programs we facilitate have a wellness aspect that can be reflected upon by students and teachers. In this session we will give you a brief overview about who we are at Zart and what we have to offer before working through some simple art making activities designed to open the door to creativity and positively impact your mood.
Mick Walsh	Learning Curve Resilient Wellbeing Program	Implementing and embedding the Learning Curve Resilient Wellbeing planners and journals to create a whole school robust program	Senior Learning Centre Room 302	We provide research based lessons and activities that build wellbeing and resilience in students and teachers. These resources are contained in individual student wellbeing journals for all 13 years of schooling, a primary and 2 secondary planners, a wellbeing@work journal for parents and a wellbeing@school journal for school staff. There are teacher lesson guides for every journal and planner and these are supported by the comprehensive website www.learningcurve.com.au . We running staff PD forums, both on site and via zoom, for schools to build staff's confidence and competence to implement and embed our program.	The intentions are for attendees to understand that the The Learning Curve is based on simple lessons and activities to build five Keystone Habits – these are habits which enable other desirable habits to be created; without them these habits can’t happen. These base habits are about: <ul style="list-style-type: none"> • Character Strengths – collaborate with the VIA Institute www.viacharacter.org – staff and students do the lessons consciously using their strengths. • PERMAH+ model of wellbeing – weekly lessons rotated through Positive Emotion + gratitude, Engagement + mindfulness, Relationships + empathy, Meaning + purpose, Accomplishment + optimism, Health + strengths. • Resilient Mindsets – activities which focus on cultivating the following: self-regulation, impulse control, empathy, flexible thinking, self-belief, optimism and hope, create from Building Resilience, Graduate School of Education, University of Melbourne. • Growth Mindset – develop a belief that the reality is that staff and students can grow their brain’s abilities through deliberate practice. • Relationships – lessons and activities developed from Resilience, Rights and Respectful Relationships, Graduate School of Education, University of Melbourne.

Lea Waters	Visible Wellbeing	Making Wellbeing Visible in Schools	Senior Learning Centre Downstairs Studio	Visible Wellbeing (VWB) is a whole-school program weaving together the science of wellbeing, learning and organisational change to bolster student and staff wellbeing. VWB uses the evidence-based SEARCH framework to tie together and expand your current pos ed practices.VWB creates a common language and shared approach that runs across all year levels.The VWB Partnership includes:• Staff PD modules• Leadership coaching • Student and staff wellbeing surveys• Parent newsletter inserts about wellbeing• 250+ wellbeing practices and resources• Orientation modules for new staff • Project management plan to embed Visible WellbeingVWB can be delivered in-person, remote or on-demand.	Over the last decade working with schools we've learnt that the biggest challenge for many is fragmented pockets of 'pos-ed' practice. This means that students are not getting a cohesive understanding and skill-set for building wellbeing. Schools also face the challenge of being time-poor with teachers often feeling overloaded themselves which can mean there are barriers to introducing wellbeing curriculums. Visible Wellbeing is not a curriculum, it is a cultural change approach focusing on replenishing staff and building student wellbeing. The evidence-based SEARCH framework allows schools to develop a consistent wellbeing approach and a shared language that threads through each year level. The use of short, flexible practices keeps students engaged and allows teachers to embed wellbeing without taking time away from academic learning. This presentation will introduce the audience to the various ways they can bring VWB into their school from early learning through to year 12.
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Kate Wilkie	The Positivity Institute	The Positivity Institute: Discover the Secret Sauce to Sustainable Positive Education	Senior Learning Centre Room 304	We apply science-based positive psychology, positive organisational and positive educational practices in schools to enhance resilience, wellbeing, optimal performance and engagement of students, staff and whole school communities to support the creation of a positive school culture. We recognise evidence-based coaching as an integral component of “Positive Education” and know that it is a key part of creating a positive school culture and in transferring knowledge gained from training into sustainable change.Our solutions are suited to schools both at the beginning of their Pos Ed journey and those more advanced. Our signature programs supported by expert implementation consulting are:Program One - Introduction to Positive Education: Building the FoundationsProgram Two - Positive Education+ : Creating a Coaching Culture”	At The Positivity Institute, we’re leaders in the field of Positive Education, and believe in taking a proactive rather than reactive approach to the mental wellbeing within the whole school community. Our programs are tailored to meet your needs, and we’ll work with you to design a program which brings the best possible benefits to your students and staff. At The Positivity Institute, we take a proactive rather than reactive approach to the wellbeing of the whole school community. We apply science-based positive psychology, positive organisational and positive educational practices in schools to enhance resilience, wellbeing, optimal performance and engagement of students, staff and whole school communities and to support the creation of a positive school culture. We recognise evidence-based coaching as an integral component of “Positive Education” and know that it is a key part of creating a positive school culture and ensuring training leads to sustainable change. Our solutions are tailored to meet your needs and are suited to schools both at the beginning of their Pos Ed journey and those more advanced. Our signature programs, supported by expert implementation consulting are: Program One - Introduction to Positive Education: Building the Foundations Program Two - Positive Education+ : Creating a Coaching Culture We’ll provide time for Q&A.
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James Wilson	School TV	How confident are parents post-pandemic? Revealing data from schools.	Senior Learning Centre Room 303	Because parenting doesn't come with instructions, SchoolTV is a unique digital platform that streamlines youth wellbeing for school communities. It address the modern-day challenges faced by parents and teachers in raising happy, well and resilient young people. SchoolTV delivers credible information from trusted sources with practical strategies through easy-to-understand video interviews of leading specialists, supported by a host of aggregated resources from key organisations.	The full impact of the pandemic across Australian schools and their communities is yet to be fully understood. For over 5 years, the SchoolTV youth wellbeing platform has taken an active part in capturing revealing data across hundreds of Australian schools measuring which topics are of most interest to parents and carers of students. Schools taking a more proactive approach to supporting, informing and guiding their parent communities across youth mental health and wellbeing issues have developed more meaningful and deeper relationships with families and students.
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This resource supports a whole school approach to wellbeing helping communities stay informed, empowered and up-to-date to better support students to thrive!

SchoolTV has carried out a unique “pulse check” on the status of parents in relation to the challenges they are currently facing and experiencing in order to raise happy, well and resilient young people.

Discover how to empower confident parenting and implement some of the fundamental actions schools need to consider for 2023 and beyond!



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