



**March
14,
6pm**

Delivering Social and Emotional Learning curricula within a Positive Psychology and Neuroscience model,

Presented by Cheryl Edward, Psychologist, ACT

ABOUT

MindUP for Life is more than a program – it's a way of life! Founded in neuroscience, positive psychology, and mindful awareness, MindUP teaches the skills and knowledge children need to regulate their stress and emotions, form positive relationships, and act with kindness and compassion. MindUP provides the vehicle for whole-child, whole-school, and whole-community transformation. Since 2003, MindUP's mission has been to help children across the globe develop the mental fitness necessary to thrive in school and throughout their lives. In this session Cheryl Edwards will discuss the four pillars of MindUP, the ease of implementation and embedding the tools throughout the school day, and some of the outcomes she has seen that show MindUP can help children face the challenges of the 21st century with optimism, resilience, and compassion.

Cheryl Edward is a psychologist currently working in schools in the ACT. For the previous 5 years, she worked in the Northern Territory, supporting Inclusion Support Services and Pastoral Care and Wellbeing in Catholic Education, NT, working across what is known as the Big Rivers region, covering 28 schools and 4,000 students across 360,000 square km's (bigger than Finland!). She has seen the most difference when schools work with a Positive Education trauma-informed lens, incorporating neuroscience with social emotional learning, which is everything that MindUP for Life encompasses.

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