

May 18,
5pm
AEST



Wellbeing in the classroom: integrating positive education into your teaching practice

Presented by Cat Lamb and Jennifer Hanson-Peterson, Positive Education Collaborators at Geelong Grammar School's Institute of Positive Education

ABOUT

At Geelong Grammar School, we define Positive Education as engaging wholeheartedly with pro-active practices which strengthen community wellbeing. This includes making wellbeing a priority in the classroom through the integration of wellbeing science into our teaching practice. In this interactive workshop led by Cat and Jen, participants will explore evidence-based strategies to promote wellbeing in the classroom for both staff and students, drawing on the science of Positive Psychology, applied wellbeing, and neuroscience. During the workshop, you will have the opportunity to reflect on the strengths in your own practice, share ideas with other professionals, and consider ways to make proactive tweaks to your upcoming classes. This session is designed to enhance your wellbeing perspective and empower you to shape a positive learning environment for your students, regardless of their age or year level. By the end of the workshop, you will leave with a toolkit of practical strategies and ideas that you can immediately apply to your teaching practice to help strengthen community wellbeing.

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