

Digital PD & Learning Program, T3 2023

PESA's ongoing program of Professional Development and Learning, delivered online.

Each term, PESA will deliver a series of presentations and workshops, by industry leaders within the fields of Education, Psychology and Wellbeing Science.

**T3
2023**

T3 Presentations

- **Leading self and leading with others - Building a student leadership culture at school.** Presented by Andy Skidmore, CEO of Burn Bright.
- **Building Vocabulary to enhance wellbeing.** Presented by Maree Ayazian, Senior Teacher.
- **Thinking Traps for Educators and Staff.** Presented by David Berlinski from Toolbox Education.
- **7 Ideas for Engaging Parents in Positive Education.** for Engaging Parents in Positive Education. Presented by Justin Robinson from The Wellbeing Distillery.
- **Introduction to Positive Education.** Presented by Lea Waters AM, PhD, Psychologist, Researcher, Speaker, Author and PESA Ambassador.

Location

These events are held online, over zoom, and are accessible to all members across Australia and internationally.

Book: <https://www.trybooking.com/CIKW1>

Grow Belonging. Grow Wellbeing. Grow your Network



**Aug 3,
5pm
AEST**

Leading self and leading with others - Building a student leadership culture at school.

Presented by Andy Skidmore, CEO of Burn Bright.

ABOUT

Andy believes leadership is accessible to everyone - not just those with a badge or appointed in leadership roles. This presentation will explore how we can encourage and build student leadership cultures that allow for all young people to participate in leadership. We will explore the science that sits beneath developing young people as leaders and a model for your school to integrate student leadership in many facets. Ultimately we will explore how a focus on leadership of self and with others can contribute to wellbeing and flourishing for all young people and your school community.

Andy is the CEO of the Not For Profit organisation Burn Bright, a social enterprise with the mission of growing the next generation of young Australians through student leadership, wellbeing programs and national camps. Over the past nine years Burn Bright has worked with over 100,000 12-17 year olds, from all corners of Australia through school based programs and hosting the Australian National Leadership Camp. Burn Brights programs are based on an evidence based theory of change centred in wellbeing science and positive psychology.

Book: <https://www.trybooking.com/CIKWI>



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Aug 15,
5pm
AEST

Building vocabulary to enhance wellbeing.

Presented by **Maree Ayazian**, Senior Teacher in Early Childhood.

ABOUT

A growing body of research indicates the important role of vocabulary in developing the skills, knowledge, and capability for the development of positive mental health and wellbeing. Language is a portal for learning, making connections, self-awareness, and healing. Low vocabulary development and language acquisition hinders our capacity to make meaning and share human connection. With the intent of improving wellbeing through building vocabulary, this presentation is an overview of an intervention within an early year's classroom, structured within the PERMAH framework.

Maree is an experienced early childhood educator, Montessori teacher (Cycle 1) and Guidance Officer. Recently Maree has been working in Welfare and Wellbeing at the University of Southern Queensland. In response classroom observations, Maree created an intervention to enhance wellbeing by building the vocabulary of her students and now extending on this by publishing the findings of her research later this year with Dr. Alice Brown.

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**Aug 24
5pm
AEST**

Thinking Traps for Educators and Staff.

Presented by **David Berlinski**, Co-founder of Toolbox Education.

ABOUT

This engaging and interactive workshop is about helping students manage anxious thoughts – both social and academic – that contribute to outcomes like school refusal or disengagement. It equips staff with how to ensure at risk students maintain engagement and catch their unhelpful thoughts before they spiral. It is also an opportunity for school staff to examine their own unhelpful thoughts that are holding them back, and apply CBT tools in a unique way.

Toolbox Education takes the tools someone would learn with a psychologist and teaches those tools to students and staff before they need them through engaging and relatable workshops. This session will be presented by David Berlinski, co-founder of Toolbox Education. David has a masters' in clinical psychology from the University Melbourne. He works with a diverse range of clients, is a dynamic and engaging facilitator, and develops the content for Toolbox Education workshops.

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**29 Aug
5pm
AEST**

7 Ideas for Engaging Parents in Positive Education.

Presented by Justin Robinson, Co-founder and Director of The Wellbeing Distillery.

ABOUT

All parents want their children to be happy. They also want their child to be resilient, to meet with academic success, to develop emotional intelligence, and the list goes on. Your parents can become your biggest supporters of your whole-school approach to wellbeing, but they are busy and are often juggling many demands. The skill of engaging parents in your Pos Ed journey is nuanced and vitally important. In this talk, Justin will explore a range of ideas for helping you to successfully engage your parent community. There will also be time to ask questions and to share ideas.

Justin Robinson is co-founder of The Wellbeing Distillery, an organisation committed to inspiring wellbeing through equipping teachers and empowering school communities. Formerly, Justin was the inaugural Director of the Institute of Positive Education, based at Geelong Grammar School, where he was instrumental in pioneering Positive Education for more than a decade. Justin is passionate about designing, implementing, and sustaining evidence-informed approaches to wellbeing. He is an Honorary Fellow of the University of Melbourne's Graduate School of Education and a board member of the International Positive Education Network.

Book: <https://www.trybooking.com/CIKW1>



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**Sep 6
4pm
AEST**

Getting Started with Positive Education

Presented by **Lea Waters AM, PhD**, Psychologist, Researcher, Speaker, Author and PESA Ambassador.

ABOUT

This FREE presentation will provide an overview of Positive Education as a way to implement a whole-school wellbeing approach in any educational setting.

The presentation will:

- Explore the benefits of Positive Education.
- Provide an overview of the latest research and theory behind Positive Education.
- Provide tips for successful implementation of a Positive Education program.

This presentation is for any educator or organisation interested in learning more about Positive Education. It is also for Positive Education schools who have staff that are new to Positive Education, or for their existing staff looking to re-fresh their knowledge of the latest research, theory and implementation strategies in Positive Education.

Book: <https://www.trybooking.com/CIKWI>



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