

Keynote

Meg Durham

Teacher Wellbeing Specialist



Thrive by Design: How to move beyond survival and thrive at school and in life

This presentation is designed specifically for school staff who are looking for practical ways to thrive in their role and purposefully bring out the best in themselves.

During this presentation, you will learn how to:

- Check your energy levels and practical ways to recharge on the go.
- Identify and articulate the obvious and subtle signs of surviving vs thriving.
- Recognise the patterns of behaviour that are keeping you stuck.
- And so much more.

By attending this session, you will walk away with a bounce in your step and renewed hope for what is possible when you take courageous and deliberate action.

Meg Durham specialises in the area of teacher wellbeing and is known for bringing out the best in big-hearted educators. Meg has developed her unique skill set by teaching and working in schools across metropolitan and regional Australia. Meg is the host of The School of Wellbeing Podcast and is a sought-after speaker due to her ability to deliver complex ideas in a way that makes sense.

Keynote

Andrew Lines

Creator/Director, The Rite Journey



Cultivating Responsibility, Resourcefulness and Resilience as a way of Replenishing Student Wellbeing

Replenish (verb) - to make full or complete again, as by supplying what is lacking.

In Mission Australia's 2022 Youth Survey of 15 - 19-year-olds, 29% indicated high levels of psychological distress and 24% said they felt lonely all or most of the time. 53% said they needed support with their mental health at some point in their life.

In a world surrounded by change, technology, social media and shifting parenting styles young people are missing out on learning the skills and qualities that contribute to their well-being and prepare them for adulthood.

By understanding what is lacking, schools and teachers can be a source of replenishment.

Andrew is first and foremost husband to Becky and dad to the seven children of their blended family. He was a high school teacher for 20 years and now works as an educational consultant, trainer and parent educator.

His programs and resources (The Rite Journey, Man Made, Woman Wise, Parenting Plan and Heroic Habits) have been especially developed to build resilience, responsibility, respect, resourcefulness, connection, self-awareness and well-being in young people.

He is one of Australia's leading Rites of Passage creators and over the past decade more than 100,000 teachers, parents and students have experienced these contemporary methodologies across Australia, NZ, Asia, Europe and the US.

Masterclass

Tyson Greenwood Director of URSTRONG schools



URSTRONG: A Whole School Friendship Strategy: The Heart of Wellbeing

Relationships are the heart of wellbeing and learning, yet many schools do not have a whole-school friendship strategy. In this presentation, Tyson Greenwood will introduce educators to the science of friendship and how URSTRONG Schools around the world are creating cultures of kindness & belonging by teaching students a unique language of friendship and friendship skills curriculum. Tyson hopes to empower educators with practical strategies to improve the social climate in their classrooms.

What you will learn from this workshop:

- What the 4 'Friendship Facts' are
- Understand how to use visual tools like the Friend-o-Meter & Friend-o-Cycle
- Learn unique language to support students in conflict (e.g. Friendship Fires versus Mean-on-Purpose)
- Recognise the importance of a whole-school friendship strategy in helping students foster healthy relationships

Appropriate for: Primary and Secondary School

Tyson Greenwood has been a teacher for nearly 2 decades. Beginning as a classroom teacher, his desire to connect with others helped him develop his strength for relationship-building.

Tyson was appointed as Head of Wellbeing at Trinity College, North School in South Australia. Here he developed and implemented wellbeing initiatives across 4 campuses – including URSTRONG's Friendology 101 curriculum. With a Diploma of Positive Psychology and Wellbeing + a passion to build the physical and mental wellbeing of children, Tyson has led staff, parents, and students in Positive Education.

As the Director of URSTRONG Schools, Tyson has supported hundreds schools across Australia in implementing URSTRONG's whole-school friendship strategy. With his expertise & experience teaching countless wellbeing programs, Tyson helps schools align and embed Friendology 101.

Tyson has presented at education conferences around Australia, trained thousands of teachers, and presented URSTRONG's global impact at the coveted International Positive Psychology Association (IPPA) World Congress in 2023 in Vancouver, Canada alongside URSTRONG's Founder, Dana.

Tyson is a dynamic, engaging presenter (with the strength of humour!) who is passionate about empowering kids with friendship skills. When he is not at work, he can be found at the gym, playing guitar, or poorly attempting Kite Boarding.

Masterclass

Dr Tom Nehmy, Clinical Psychologist & Director of Healthy Minds Education & Training



A Positive Future for Positive Education: How Student Wellbeing Can Change the World

The elephant in the room in school-based wellbeing is the ongoing (and rising) prevalence of anxiety, depression, and eating disorders among young people. While the field of positive education has made valuable contributions to student wellbeing, there is more that must be done if we are to stem the rising tide of poor wellbeing outcomes.

In this Masterclass session, award-winning clinical psychologist Dr Tom Nehmy will draw on more than a decade of experience at the forefront of school-based prevention to reveal the specific pathways by which we can reverse the statistics in youth mental health, including:

- The 'Great Mistake' in parenting (and education) that inadvertently increases susceptibility to anxiety disorders
- How pursuing 'calm' and 'happiness' can have an ironic effect
- Why 2012 became the year student wellbeing drastically declined (and how to turn it around)
- A red herring within the scientific literature that has led many thinkers astray
- The 3 Golden Keys for doing student wellbeing well
- Six ingredients to sustainable wellbeing (with an abundance of scientific support)
- Specific steps by which courageous Pos-Ed schools and wellbeing leaders can have a generational impact on wellbeing outcomes for young people

Attendees will leave empowered with a hopeful, actionable vision for the future.

Dr Tom Nehmy is a clinical psychologist with more than 15 years' experience. His passion is preventing psychological problems in people of all ages while also enhancing resilience and wellbeing. His doctoral research in developing the Healthy Minds Program produced the world's first prevention program to prevent the onset of symptoms of depression and anxiety while also reducing risk for eating disorders.

He was subsequently awarded the 2015 Flinders University Vice-Chancellor's Prize for Doctoral Thesis Excellence.

Tom currently works with companies, schools and professional organisations to help them build psychological skills for mental health, wellbeing and resilience. He is a prolific public speaker and corporate trainer - more than 50,000 people have attended his workshops, training programs, invited keynote addresses, and conference presentations across Australia and overseas.

Tom maintains an active interest in psychological research, including as a Visiting Research Fellow at the University of Adelaide. He has co-authored ten scholarly articles in peer-reviewed scientific publications and is author of the book *Apples for the Mind: Creating emotional balance, peak performance and lifelong wellbeing*.

Masterclass

David Bott Director, The Wellbeing Distillery



Living and Teaching with Alignment and Vitality

Teaching is demanding yet rewarding. At The Wellbeing Distillery, we've identified four powerful components, or "Vectors," that enhance teacher wellbeing and engagement. These Vectors serve as guides, providing teachers and schools with direction and purpose. By aligning teachers' values, goals, habits, and boundaries, we can create a healthy and sustainable teaching environment.

In this Masterclass, David will share practical strategies and tactics to support teaching wellbeing at both individual and organisational levels. Topics covered include:

- identifying core values,
- setting effective goals,
- cultivating beneficial habits, and
- establishing healthy boundaries.

David Bott is a sought-after speaker, author and education consultant who works with government organisations and some of the world's leading schools to help guide wellbeing vision and strategy. As an expert in applied wellbeing science, David has supported thousands of educators from hundreds of schools around the world in designing and implementing system-level approaches to wellbeing and cultural change.

David is the Co-Founder and Director of The Wellbeing Distillery, based in Melbourne, Australia. David sits on the UAE Government's Dubai Future Council for Education, is a Director on the PESA (Positive Education Schools Association) board and has published in academic journals and industry periodicals. David's bestselling book, *10 Things Schools Get Wrong: And How We Can Get Them Right* was published in 2020.

David has led significant projects, partnering with government and non-government organisations, to embed wellbeing science in school systems in the UAE and Hong Kong. David's current work is informed by his five years as Associate Director at the Institute of Positive Education and his 15 years of practical teaching experience in Australia and the UK where he held senior pastoral and academic leadership positions.

Masterclass

David Kolpak Principal, Trinity College North



Being Well to do well in our schools

With the ever-increasing demands placed upon people working in schools, self-care and well-being approaches have never been more important. Through this session you will discover practical strategies to prioritise self-care and promote a positive work environment. We will look at practices to help reduce burnout, improve focus, Foster collaboration, improve communication and build a supportive network. Investing in the well-being of school staff is essential for the success and happiness of our students. Working together we can create a culture that promotes growth, resilience and happiness for all community members.

In this Masterclass you will take away practical strategies of:

- How to utilise principles of the Visible Wellbeing framework in the staffroom, staff meetings and daily school practices
- How to foster connections and effective relationships amongst the staff
- How to establish daily habits within the work environment that build wellbeing
- How to help shift thinking patterns to a more positive mindset
- How to 'practice what we preach' to students

David Kolpak is the Principal at Trinity College North School (EY-10). Prior to this, he was Head of Junior Years at St Peter's College. In his leadership roles, David has been responsible for the design and delivery of Positive Education programs and wellbeing initiatives delivered to students from Early Learning to Year 10, working with his teams to develop the scope and sequence of programs taught between the ages of 3 and 16 and ensuring that the principles of positive psychology are embedded across all curriculum areas.

With over 30 years' experience as a leader and teacher, David has established himself as a quality educator and speaker on Positive Education and Wellbeing and has been invited to present his work at numerous national and international conferences including the Positive Education Schools Association, the Positive Schools conference and the International Positive Psychology Association World Congress. As a facilitator of Professor Lea Waters' Visible Wellbeing program, David is able to utilise his passion for a whole school approach to wellbeing, making sure all aspects of school life are underpinned by the principles of Positive Psychology.

Keen to share his work, David has authored several Character Strength eBooks which are freely available to use in the classroom. David's passion for bringing out the best in staff and students is evident in his school-based leadership and teaching roles together with his wider roles as a speaker and leader in the field.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
Sandra Ofei-Ferri & Dr Ashleigh Collier	Australian Education Research Organisation	Encouraging belonging and connectedness in schools	A positive sense of belonging has fundamental benefits for children and young people and flow-on benefits for learning and engagement with school. The Australian Education Research Organisation (AERO) has synthesised the best available research on effective practices for encouraging a sense of belonging and connectedness in primary and secondary schools. This workshop will be an opportunity to learn more about AERO and how our research supports child and student wellbeing. We will unpack the evidence behind AERO's belonging and connectedness guides, demonstrate how to apply AERO Standards of Evidence and consider what a teacher or school leader might do to reflect on and implement effective practices for improving wellbeing and learning.
Ed McInnes	Scotch College	Students Championing Wellbeing Research: Co-designing a student led Wellbeing Conference	This seminar will outline an approach to Wellbeing education that provides students with the agency and structure to research a wellbeing topic of their choice and communicate their findings at a student led 'Wellbeing Conference'. An overview of the Year 7 Wellbeing Program will be given to provide context of the project. This will be followed by the task design process and implementation. The co-design of the student-led culminating event, an opportunity for Year 7 students to champion wellbeing research in the school community, will then be explained. Student perspectives will be shared on the Year 7 program, the research task, the lead up to the event (taking place the week following PESA), and the embedded opportunities for challenge, student voice, and ownership.
Jo Cains	St Mary's College	Meeting the needs of our students. The evolution of a social-emotional and wellbeing program	Our school environments are microcosms of society. Students are developing relationships in an increasingly complex time because they are navigating them in face-to-face and online worlds. The contemporary behaviours of students have seen us evaluate and update our pastoral care education developing a new program, WRAP. WRAP is an acronym for Wellbeing, Relationships, Agency, and Personal responsibility. The program covers complex topics in an age-appropriate way and develops young people's social and emotional well-being and development, not covered explicitly in other curriculum areas. We use wellbeing data collection, professional expertise and collaboration to guide the development of the WRAP Program. WRAP covers complex topics in an age-appropriate way, such as how to engage positively with social media. Here the program explicitly teaches our students to understand, identify and respond to issues they may encounter online. An essential part of WRAP is how the College supports students to navigate respectful relationships, which equips them to foster and maintain strong and healthy relationships with others. Understanding boundaries and consent form an integral component of this part of the WRAP program. Other vital aspects of St Mary's College WRAP include students' understanding of power, how to use their voice, and how to grow as leaders while also developing personal responsibility and understanding of their role within our community. WRAP guides students to be aware of themselves as individuals, aware of the world around them and how to navigate their footprint on the world with ethical awareness and compassion.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
Peta Jeppesen	Beyond the Classroom Australia	Find Your Work-Life Balance	Join Beyond the Classroom Australia founder Peta Jeppesen to learn about all things work-life balance. Based on her signature "Purpose Wheel" you'll be guided on how to come back into balance within your education career and beyond. Peta will teach you how to unpack each area of your life, identify where you can reallocate your energy, and refine your time management skills. You'll receive both emotional support and a personalised toolbox that you can begin using immediately. Leave this workshop feeling empowered to make a change and ready to reclaim your well-being.
Carly Bergen	Redeemer Lutheran School	Building connection through playful singing	If you're happy and you know it.... Singing helps with children with their cognitive development and enables them to develop emotional, language and social skills. Other benefits that singing has to a child's emotional wellbeing is developing a sense of belonging, confidence building and bringing community together. Singing requires teamwork and cooperation and it provides an enjoyable way for children to repeat words and phrases. When we sing, endorphins and oxytocin are released by the brain which in turn lowers stress and anxiety levels. Come along and be ready to SING as you learn a repertoire of songs that can be used with the children in your class and learn the many benefits that singing has for our children's wellbeing and our own!
Aimee Bloom	The Wellbeing Distillery	Harnessing the Power of Mindfulness – Personally and Professionally	This hands-on workshop will introduce the concept of Mindfulness, and how it can be of benefit both personally and professionally. We will provide an overview of the relevant research, explore the associated physical and psychological benefits, and discuss how you could successfully integrate relevant practices into your classroom. Participants will engage with a range of activities, practices, and tactics. They will also be given sample activities and mindfulness scripts to take back to their schools. An opportunity will be provided for participants to collaborate and share their own tried-and-tested ideas.
Mark Tenny	Investigator College	Practicing Wellbeing Options For Junior Schools.	Whatever we do to support our students wellbeing each day, our whole aim is to not only improve their friendships, mental health and outlook on life, but in turn focusing on some of these wellbeing outcomes, will also lead to an improvement in their educational outcomes. Come along and explore further how this can be achieved.
Darryle Phillips	Gleeson College	From Shame to Change: The Compass of Shame	Nathanson's Compass of Shame can be used to describe the shame affect and detail how people react when they experience shame. This workshop looks at the Compass of Shame as a tool to explore when speaking with students about their behaviour choices. Students recognising how they are feeling is the first step to improvement and a return to positive affect. The 4C's of Mental Toughness can also be mapped to the Compass of Shame and provide practical solutions, embedded in Positive Education" in order to overcome feelings of shame.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
Ben Storer	St Peter's College	Strong and lovely – finding the balance in our strengths to enhance wellbeing	This workshop will explore the school framework and wellbeing programs that we have utilised in the Junior School at St Peter's College to support students, staff and the whole community.
Leanne Camilleri	Reset to Thrive	I'm an Imposter! Get me out of here.	This workshop delves into the common feelings of inadequacy and self-doubt that plague many individuals at all levels. In this session, participants will engage in discussions and activities, and learn practical techniques, that help them to identify when they are experiencing an imposter moment. Participants will leave this workshop equipped with a toolkit of practical strategies they can use at the Me, We and Us level.
Christopher Richards	Prince Alfred College	Utilising Artificial Intelligence for Social and Emotional Intelligence	The age of artificial intelligence is upon us. As educators and leaders, we hold a professional responsibility to both understand and capitalise on the capabilities of this modern technology. This workshop will share and explore the role of ChatGPT in enhancing the social and emotional learning of students.