



Oct 19,
5pm
AEDT

Making Character Strengths Count.

Presented by **Matt Smith**, Deputy Principal, Centenary State High School.

ABOUT

Everyone has strengths! Yet at school and in life we benignly forget that we all have character strengths that can be leveraged for more happiness and success. This presentation will explore and champion the different ways that a character strengths approach can be used in schools with all key stakeholders: staff, students and parents.

Matt Smith is Deputy Principal (Positive Education) at Centenary State High School and is very grateful to be leading significant whole school wellbeing initiatives underpinned by the principles of positive education. These include the design and implementation of the school's first whole school wellbeing framework and pioneering the school's 'home grown' Discovering Positive Education staff training workshops. Matt believes in the importance of building positive relationships based on gratitude, empathy, trust, humility and kindness.

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