

# Digital PD & Learning

## Program, T4 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.



**T4**  
**2023**

## T4 Presentations

- **Making Character Strengths Count.** Presented by Matt Smith, Deputy Principal, Centenary State High School.
- **Mindfulness in the AI Era Reimagined: Equipping students Now, to Face AI Tomorrow.** Presented by Naz Zengin - Educational Leader / Wellbeing & Inclusion Advocate.
- **Getting Started with Positive Education.** Presented Jenni Cook, Deputy Principal, Mount Barker High School.

## Location

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

**Book:** <https://www.trybooking.com/CLIPA>

**Grow Belonging. Grow Wellbeing. Grow your Network**



**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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Nov 2,  
5pm  
AEDT

## Mindfulness in the AI Era Reimagined: Equipping students Now, to Face AI Tomorrow

Presented by **Naz Zengin - Educational Leader / Wellbeing & Inclusion Advocate.**

### ABOUT

Fourth Industrial Revolution is exposing children to the digital era and Artificial Intelligence (AI). Technology is giving children access to knowledge and power, but it cannot give them the power to remain resilient in an uncertain world. The session will aim to spark curiosity in educators to find meaningful ways to support students finding meaning and purpose in an upcoming uncertain and complex world (particularly as we face AI). Can mindfulness be the key for children to survive and thrive in the age of artificial intelligence

Naz has been in education for over 15 years working as a Deputy Principal / Assistant Principal, educator, creative arts specialist and student wellbeing & inclusion advocate in a primary school setting. Her keen interest in future focused pedagogies that focuses on change management, student wellbeing and innovation has led her into research in the area of Mindfulness and student wellbeing and how this could be applied to the future era of AI in education.

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**Nov 21,  
5pm  
AEDT**

## Getting Started with Positive Education

Presented by Jenni Cook, Deputy Principal, Mount Barker High School

### 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 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/CLIPA>



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