

Keynote

Dr Suzy Green

Founder & CEO of The Positivity Institute



Reimagining Positive Education: Past, Present and Future of Wellbeing Science in Schools

In this keynote presentation Dr Suzy Green, a pioneer in the field of Positive Education, reflects on her own professional journey in the field over the past 15 years. Suzy will highlight key learnings and observations of the evolution of the application of wellbeing science into educational settings. Suzy will share a proven model for a strategic and sustainable approach to Positive Education with case stories from the field. In closing Suzy will share her vision for reimagining wellbeing science in schools highlighting the true purpose of Positive Education.

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder & CEO of The Positivity Institute, a Sydney-based positively deviant organisation dedicated to the research and application of the science of optimal human functioning in organisations and schools. She is a leader in the complementary fields of Coaching Psychology and Positive Psychology having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy has published over twenty academic chapters and peer reviewed journal articles including the Journal of Positive Psychology. She is the co-editor of “Positive Psychology Coaching in Practice” (Green & Palmer, 2018), “Positive Psychology Coaching in the Workplace” (Smith, Boniwell & Green, 2021) and “The Positivity Prescription” (Green, 2019). Suzy lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology. Suzy is an Honorary Visiting Professor at the University of East London, an Honorary Fellow at the Centre for Wellbeing Science, University of Melbourne and an Affiliate of the Institute for Well-Being, Cambridge University. Suzy is also a member of the Scientific Advisory Board for Coach Hub, a leading global coaching technology platform. Suzy is an official ambassador for the Starlight Children’s Foundation and she maintains a strong media profile appearing on television, radio and in print.

Keynote

Dr. Michelle McQuaid

Founder of The Wellbeing Lab and The Michelle McQuaid Group



Co-Creating New PERMAH Wellbeing Measures With Kids & Teenagers

If primary and secondary school students were given the opportunity to design their own evidence-based wellbeing measurement tool, what would it look like? And, could the data that emerged reliably support positive education programs in classrooms?

In this conversation we will:

- Discover how students co-designed the new PERMAH Wellbeing Survey tools for kids and youth, and the personal wellbeing insights that mattered most to them.
- See how teachers are using the survey data to shape positive education lessons and actions in the classroom and helping students track their progress.
- Explore how PERMAH year level and school data can be used to shape future wellbeing strategies and programs.
- Show you how you can immediately access the survey tool for free for your students.

Dr. Michelle McQuaid is a best-selling author, workplace wellbeing teacher and playful change activator. An honorary fellow at the University of Melbourne's Graduate School of Education, in addition to hosting the highly acclaimed weekly podcast, Making Positive Psychology Work, which features leading researchers and practitioners from around the world, Michelle blogs for Psychology Today, The Huffington Post and Thrive, and her work has been featured in Forbes, The Harvard Business Review, The Wall Street Journal, Boss Magazine, The Age and more.

Keynote

Justin Robinson Co-founder and Director of The Wellbeing Distillery



TALKING TACTICS: Powerful, simple, and practical strategies to elevate educator wellbeing and effectiveness

Let's cut to the chase. Teaching is two things: hard, and one of the most important, impactful, wonderful professions on earth. In this talk, Justin Robinson, co-founder of The Wellbeing Distillery, will explore a range of practical tactics that teachers can implement to support their own wellbeing and further their growth as professional educators.

Come along to hear and experience science-informed tactics that have been road-tested and are ready to use. Justin will hope to inspire you to consider ways to prime your day, build connection, foster resilience, manage stressful moments, enhance engagement, prioritise self-care, and more. This set of tactics is designed to make teaching not quite so hard, and even more wonderful.

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.

Masterclass

Michele Chevalley Hedge **Nutritional Medicine Practitioner, Author,** **Adv Dip Positive Psychology**



Energy, Productivity & Mental Resilience- Educators Secret Weapons

Life is busy... building a career, juggling family, working long hours, trying to stay fit, and it is even tricky fitting in a social life! Everyone wants to be healthy, but they do not want an extreme diet, a costly approach, or to be preached at. Interesting research is unveiling how quality nutrition can not only improve our physical body, energy and sleep but also our brain function, memory, and moods. Michele explores NON extreme, sustainable changes in our eating habits.

Michele is formerly a teacher. In 1990 she came to Australia with Microsoft as Education Manager. She understands a busy working life and that there is a way to health without hassles. She enjoys a bit of wine and coffee. Michele will discuss current health issues and serious topics in a light, humorous fashion. Michele speaks on behalf of the World Health Organisation, Jamie Oliver Food Ambassador, Cure Cancer Ambassador, Heart Research Ambassador, and was recently announced as practitioner of the Year by her industry body, The Australian Traditional Medicine Society. At the conclusion of this presentation attendees will be able to: Understand the relationship between food, mood, energy and sleep and its impact on productivity. Identify the key nutritional factors in a person's daily routine than impact their physical and mental health-brain clarity, hormones, moods, immune system, weight, energy to exercise. Identify how stress – even without sugar, can manifest the same physical symptoms on the body and how to modify their risk factors.

Masterclass

Dr Matthew White

Lecturer/ Researcher Inclusive Education, Australian Catholic University



Knowing where and when wellbeing replenishment is needed through Multi- Tiered System of Supports

How do schools proactively replenish students and teacher's wellbeing? A systematic approach that is gaining momentum worldwide has been Multi- Tiered System of Supports (MTSS) for wellbeing. MTSS is a proactive framework for aligning universal supports with evidenced based interventions to support the flourishing of all young people in schools. We know that wellbeing is a multi- dimensional construct that requires a nuanced approach to meet the broad needs of all students. MTSS provides a coherent framework for schools to proactively use data to know where and when replenishment is needed across student populations. This workshop will focus explicitly on a case study of implementing a Multi- Tiered System of Support for Wellbeing across a system of schools, intent on replenishing student and teacher wellbeing.

Masterclass

Melinda Phillips

Founder/Principal Psychologist, Compassionate Schools



The AWARE Teacher: An individual wellbeing framework for Australian school staff

The AWARE Teacher is an evidence-informed framework supporting individual staff wellbeing. Melinda is a NESA-accredited teacher and psychologist. She has drawn on her honours and masters psychology research in Australian schools and workplaces, and her experience counselling and coaching principals, leaders and school staff to create a framework supporting staff to be Authentic, Wise-minded, Attuned, Restorative and Embodied in their approach to work at school. Staff wellbeing is a shared responsibility of staff, schools, and systems, and Melinda's approach is grounded in organisational psychology: viewing staff as valued members of a larger community. Learning strategies to practically care for and support oneself is just one element of workplace wellbeing, but an important one for many teachers and leaders facing growing workloads, vulnerable students, challenging families and overwhelmed colleagues. Join this session to reflect on ways to minimise illbeing and promote flourishing in a holistic approach unique to the school context.

Melinda is a psychologist and teacher with over twenty years' experience supporting schools. She has established Compassionate Schools to support teachers and schools to be well. Melinda has taught K-12 and has held roles including Senior Consultant with headspace schools/Be You; Consultant: School Innovation with the Association of Independent Schools of NSW; Teaching Educator with Catholic Education, Diocese of Parramatta; and lead - Program Content and Evaluation and General Manager with Good Grief Ltd. Melinda has also practiced as a school counsellor with the Catholic Schools Office Diocese of Broken Bay. Melinda is an accredited coach with the International Coach Federation as an Associate Certified Coach and practices as a coaching psychologist.

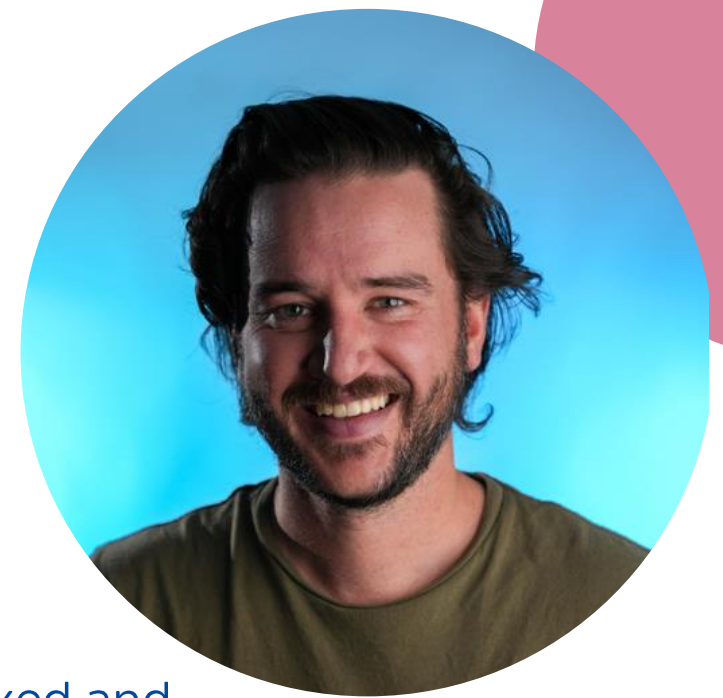
Melinda has a thoughtful, compassionate approach with a focus on understanding the needs and context of each school and providing coaching and facilitation support to empower individuals and school teams to identify their goals, plan their strategic approach, and build their school culture to support implementation and change.

Melinda's psychology honours and masters research focused on workplace wellbeing, specifically burnout, compassion fatigue and secondary traumatic stress following critical incidents, and the protective factors that lead to resilience and wellbeing. Services provided by Melinda through Compassionate Schools include coaching/psychology support for teachers and school leaders; staff wellbeing professional learning and consultancy/planning support for executive teams and schools; and strategic approaches to social and emotional learning and whole school wellbeing.

Masterclass

Layton Fraser

Chief of Staff, The Youth Impact Foundation



Unleashing the Power of Relationships and Connections Through Leadership

In a rapidly evolving world the power of relationships and connections can be easily overlooked. What's even more overlooked and misunderstood, is how the coupling of a servant leader mindset with the desire for relationships and connections can have a disproportionate positive influence on student wellbeing. This workshop, "Unleashing the Power of Relationships and Connections through leadership," dives into the transformative potential of fostering strong relationships and meaningful connections as a cornerstone of developing servant leaders.

This engaging workshop offers participants a unique opportunity to explore the profound impact of relationships and connections in the realm of servant leadership. Through dynamic discussions, real-life case studies, and hands-on activities, attendees will gain valuable insights in the following key areas:

- **Servant Leadership Principles:** Participants will gain a comprehensive understanding of servant leadership and its core principles, emphasizing the importance of selflessness, empathy, and a commitment to the growth and development of others.
- **The Power of Relationships:** This workshop shines a spotlight on the pivotal role that relationships play in shaping servant leaders. Attendees will learn how to cultivate trust, authenticity, and open communication within their teams and organizations.
- **Leading with Values:** Servant leadership is deeply rooted in a sense of understanding one's values. Through this workshop, participants will discover how to help individuals identify and align with their values, fostering a sense of meaning and purpose.
- **Sustaining Servant Leadership:** Attendees will explore techniques for sustaining servant leadership practices over time and inspiring others to embrace this transformative approach.

This workshop invites leaders, emerging leaders, and anyone interested in developing servant leaders to embark on a journey of self-discovery and empowerment.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
UH Where there's a Will Cluster	UH Where there's a Will Cluster	The power of the community cluster model for effective embedding of positive education.	Established in 2016 Where there's a Will charity has supported the Positive Education journey of 22 Upper Hunter schools, Public, Independent and Catholic encompassing K-12. We now celebrate a Positive Education wellbeing network of 35 education and Child Care Centres and Early Learning that sees a ripple effect across the community. 2023 will see Tumby Umbi secondary schools begin their Positive Education Cluster Model journey. Our vision is to create a flourishing community that understands the importance of wellbeing. The cluster model has many benefits that bolsters both the school journey and also extends beyond the school gates. Imagine, if you will the ripple effect of a cluster Positive Educators and students in one sharing community, one framework, one language, one vision. It would be our privilege to share the power of our journey.
Nadine Saul & Chris Whitten	Revesby South Public School	Enhancing self-regulated learning using flow to engage students	Revesby South Public School is a community orientated primary school situated in south-western Sydney that strives to create the conditions for students and staff to flourish through a culture of excellence, equity and innovation. Data gathered since the pandemic from 'Tell Them From Me' surveys consistently indicated a concerning decline in senior students sense of belonging, motivation and engagement. Student voice highlighted potential causes of the decline and as a result, the school developed a tool that encompasses Csikszentmihalyi's Flow Theory, Visible Wellbeing (see, hear, feel strategies) and character strengths. The aim is for students to feedback to teachers in how they are going with their learning based on their emotions. Teachers respond and support students by using visible wellbeing language and collaboratively identify character strengths to energise and replenish student mindsets and assist them in moving forwards towards levels of engagement and flow.
Fiona Cooney & Evan Roberts	Ravenswood School for Girls	The spark that lights up learning	Curiosity sits at the nexus of learning and wellbeing and has the capacity to act as a powerful catalyst to replenish both students and teachers. Fostering curiosity – the capacity to seek information under conditions of uncertainty - presents an opportunity for teachers to be inspired and innovative in their teaching and reinvigorate their passion and vitality for education. This is especially important as we see our students growing increasingly passive and risk adverse during their schooling. Addressing this, our partnership with Queensland University has led to the creation of a Curiosity Framework. This framework, grounded in the science of learning and teacher expertise, aims to better understand and promote curiosity in the classroom. In our session, we'll share our experience in designing the framework, early insights from our pilot study, and some examples of practical teaching strategies from the framework. Join us to discover the transformative potential of curiosity in education.
Aimee Parkinson	Well-Nest	Flourishing from Within: Cultivating Self-Compassion and Wellbeing for Middle Leaders	As education professionals, we often prioritise the needs of others, neglecting our own mental and emotional health. In this workshop, we delve into the science-backed principles of self-compassion, guiding participants to develop a nurturing relationship with themselves. Attendees will learn practical techniques to manage stress, build resilience, and foster emotional balance. By adopting self-compassion, middle leaders will not only elevate their own flourishing but also replenish the school culture positively, nurturing an environment of understanding, empathy, and support. Join us to ignite a positive ripple effect, creating a more compassionate and thriving educational community for all. This transformative workshop designed to empower middle leaders in schools with the essential tools of self-compassion, leading to enhanced personal wellbeing and capacity to support others.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
Tania Linnertson & Sarah Glassie	Knox Grammar School	Enhancing wellbeing through the academic curriculum	Wellbeing is a priority for schools. However, fitting wellbeing activities and programs into the school day is increasingly difficult for school leaders and coordinators of wellbeing or Pastoral Care. In most schools, students spend more than 80% of their time in the classroom. This time can be maximised for authentic strengthening of student wellbeing through a holistic school approach. This workshop delves into the strategies used by Knox Grammar School to implicitly infuse wellbeing principles into the curriculum by teachers, in order to support social and emotional learning whilst also enhancing academic outcomes.
Annette M Bulling	headspace Schools & Communities	Rethinking Educator Wellbeing: 6 layers to a healthy school culture	Your wellbeing at work matters. It affects your health, outlook, personal life and how you build relationships with children, young people, families and colleagues. We're all familiar with the evidence that links educator wellbeing to improved educational outcomes for children and young people, but how do we take the necessary practical steps to build a thriving workplace? This interactive workshop will draw on recent research by Monash University to consider the many factors that contribute to education wellbeing. We will explore the new Be You resource Beyond Self Care: The Educator Wellbeing Guide and highlight the 6 layer pathway to a healthy school culture. The workshops will include activities and actions that can be adapted to fit your setting as you prioritize wellbeing and foster inclusion at your school. You will also be introduced to a range of freely accessible resources that will guide your journey to greater wellbeing at work.
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.
Rola Zaki-Aboultaif	Australian Catholic University	Fostering Resilience and Academic Engagement: Empowering Students Through Social and Emotional Competencies	Transitioning from secondary school to higher education can be very daunting and challenging to many students. If faced with too many setbacks, tertiary students might lose confidence in their abilities, experience stress and anxiety, and find it hard to persevere with their studies, which can lead to poor academic performance and decrease in psychological wellbeing. Numerous studies have shown how social and emotional learning (SEL) skills improve students' wellbeing and academic performance in primary and high schools. Higher education is under increasing pressure to help students prepare for future work/business and this creates a stronger need for SEL. My research employs the CASEL framework, which includes five SEL skills: self-awareness, self-management, social awareness, responsible decision making, and relationship skills and their links with resilience, self-efficacy, and academic engagement of tertiary students. During the workshop, I will be focusing on a couple of interactive SEL activities and how they can be implemented.

Workshops

Presenter(s)	Organisation	Workshop Title	Abstract
Lisa Maltman	The Sleep Connection	The Sleep Connection: Improve your Sleep to Replenish your Health, Resilience and Performance	<p>Rationale: Many primary school children and approximately 70% teenagers experience insufficient sleep. This is having significant consequences on many areas of their lives such as:</p> <ul style="list-style-type: none"> • Academic Performance: sleep helps concentration and motivation, along with consolidation and strengthening of new information and memories • Mental health and Resilience: studies show children who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem • Behaviour and decision making: sleep deprivation negatively affects decision making capacity, along with behaviour and relationships • Body systems: sleep impacts physical growth, brain development, immune system and weight <p>Aims :</p> <ul style="list-style-type: none"> • Create awareness of the current levels of sleep deprivation and the effect this is having • Empower participants with the knowledge and practical strategies to assist students and parents to make informed decisions • Equip participants with ideas they can implement individually, along with options for a whole-school approach to creating a “sleep smart school”
Marnie Thomas	Newcastle Grammar School	SKY HIGH: Replenishing our community through the creation of a whole-school wellbeing theme and language.	<p>At Newcastle Grammar School we place wellbeing at the heart of everything we do. As a Visible Wellbeing school, we understand that happiness comes before success and relationships are central to our experience of the world. Our Positive Education approach draws upon wellbeing science to build wellbeing literacy and offer our community a shared language to flourish. Please join Marnie Thomas, the Head of Positive Education at Newcastle Grammar School as she showcases how both staff and students can be replenished through the creation of an annual whole-school wellbeing theme. She will share the many ways that the NGS community has been looking up, shining their strengths in the service of something larger than the individual. While the clouds may come and go, the sky is constant and is big enough and beautiful enough for all our struggles and our strengths. Together let’s go... SKY HIGH.</p>
Tiffany Thexton	Education Queensland	Practical and Purposeful Ways to Replenish Teacher Burnout	<p>Let’s replenish your mind, body, and soul– so you can show up as an educator with more energy and enthusiasm. Learn practical tools/practices as well as mindset shifts to help you take care of yourself and fill up your cup so that overwhelm and burn out don’t take over. Teaching is hard, learn how to take care of yourself – you are too important to lose your passion and sparkle.</p>
Kate Barbat	Ravenswood School for Girls	Building Relationships and Cultivating Motivation through the lens of Positive Education	<p>This workshop will provide you with a road map to belonging and a sustained sense of motivation both within the classroom and beyond. There is a quote that says ‘motivation is what gets you started, habits are what keep you going.’ We will explore the power of self-determination theory in not only igniting motivation but maintaining and sustaining motivation for our students and staff teams. We will unpack the pathways of high quality connections in order to build a sense of belonging and how this can be translated into action in the School context.</p>