



**June 6,
5pm
AEST**

Teachers as HEROES: Building Psychological Capital with Hope, Efficacy, Resilience and Optimism

Presented by Sue Langley, CEO and Academic Director of the Langley Group.

Psychological capital is essential for both teachers and students because it provides a foundation for growth, resilience and success in academic and professional endeavours. Join us for an insightful session with Sue Langley on building psychological capital.

The robust research in the academic field of Psychological Capital forms the basis for this unique and impactful session. When certain key elements combine in an individual, they have significant impacts on wellbeing, mental health and resilience, and on the ability to handle change and life. This is Positive Psychological Capital - characteristics of high self-efficacy, optimism, hope and resilience.

Based on extensive research this inspiring session will explore:

- What is psychological capital and how it can be developed.
- Hope theory and the importance of willpower and waypower for building resilience and success.
- How confidence is something you can learn - how to teach and support others to build efficacy and self esteem to be able to handle the challenges of life.
- Resilience strategies that work - explore practical tools and tips to get through when the pressure steps up.
- Where optimism fits into the psychological capital framework.



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