



PESA VIC invites you to

Navigating wellbeing in learning design: A WILD approach

With Dr Lara Mossman and Dr Rachel Colla
Centre of Wellbeing Science, University of Melbourne

In this masterclass, participants will explore how they can create learning environments that support wellbeing and high-quality motivation in themselves and their students. Drs Rachel Colla and Lara Mossman contrast teaching **about** wellbeing with teaching **for** wellbeing, workshoping an approach that any educator will have agency to implement.

Participants will reflect on the 'self-as-educator' and will work with a practical tool to design a model to foster a thriving learning environment in their own classroom. This is for any educator who is eager to embed wellbeing into their everyday practice.

When & where

Tuesday 17th September 2024, 1:00pm - 4:00pm
Wesley College,
577 St Kilda Road, Melbourne 3004

More details and registration

<https://events.humanitix.com/navigating-wellbeing-in-learning-design>

Tuesday
10 Sep

\$35
for PESA
members

\$50
for non-
members



AGENDA

1:00 - 1:30 PM

Registration & welcome activities

1:30 - 3:00 PM

Masterclass: Navigating wellbeing in learning design: A WILD approach

3:00 - 4:00 PM

Networking

OUR PRESENTERS



Dr Rachel Colla
(PhD, M.Psych, MAPP)
Centre of Wellbeing Science,
University of Melbourne

Dr Rachel Colla is a Lecturer and Education Innovation Lead at the Centre for Wellbeing Science at the University of Melbourne. Her work is dedicated to enabling wellbeing through education, leading change through the nexus of practice and research. Rachel has worked in education for over 20 years in diverse roles, leading to a deep appreciation of the complexity and hope for change within our education systems. She has served as an educational psychologist, board chair, curriculum developer, wellbeing and learning innovation consultant, organisation development leader, and university lecturer. This experience infuses her current work in the design and delivery of transformative postgraduate and undergraduate programs for current educational leaders and practitioners. Rachel is honoured to be a dual recipient of the Faculty of Education Teaching Excellence awards, recognising this work. Her research focuses on the intersection of wellbeing and systems science, with a particular focus on facilitating wellbeing through learning design and educational practices. Her PhD was participatory in nature, exploring young people's perspectives of how we enable hope through a dynamic systems lens.



Dr Lara Mossman
(PhD, MAPP, MA, BSc)
Centre of Wellbeing Science,
University of Melbourne

Dr Lara Mossman is a Senior Lecturer at the Centre for Wellbeing Science. Her research focuses on how sports coaches and teachers can facilitate enabling environments that support young people's wellbeing and autonomous motivation. Her work draws on self-determination theory, achievement goal theory, and positive psychology coaching. Through her research, Lara developed Growth-Focused Sports Coaching (G-FSC), a fully online training program for youth coaches. In addition, Lara has published a meta-analysis on autonomy support in sport and a systematic review on interventions to support basic psychological needs. Lara has developed wellbeing science subjects for several universities and content for commercial projects. She also holds a BSc in Philosophy with Computing, an MA in Philosophy with Historical Studies, and a Master of Applied Positive Psychology (MAPP).