



# National Wellbeing Education Conference 2025

**Collective Solutions with  
Wellbeing and Trauma  
Aware Pedagogies**

September 8th- 9th 2025  
Adelaide, Australia

# Executive Summary

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PESA is Australia's peak body for wellbeing education. Our vision is to accelerate the prioritisation of wellbeing education for the future of Australians. Our responsibility is to **advocate**, **educate** and **collaborate** to grow and embed evidence-based wellbeing education throughout Australia.

The **2025 PESA Wellbeing Education Conference** is an essential professional learning event for educators dedicated to accelerating wellbeing within trauma-aware education in Australian schools. This unique conference brings together educators and leaders to address pressing wellbeing and behaviour challenges facing teachers and educators today, with an emphasis on real solutions grounded in wellbeing science. Through hands-on, interactive sessions, participants will gain powerful, evidence-based strategies that can be implemented immediately to uplift a school community.

The conference theme **Collective Solutions with Wellbeing and Trauma-Aware Pedagogies** highlights the enormous potential of what we can achieve together at the conference. Trauma-aware practices are at the heart of inclusive education and some would argue are best practice for all wellbeing education. After all, wellbeing isn't a privilege reserved for a select few; it's a fundamental need for everyone.

This conference will showcase world-class speakers and offer immersive experiences, making it a truly impactful event. Our goal, with the support of adequate funding and collaboration, is to ensure the conference remains accessible and affordable for everyone. By forging strong partnerships, this event will serve as a pivotal moment where wellbeing in education takes a united step forward.



**Lisa Davias,**  
Chief Executive Officer,  
PESA

# Wellbeing and Trauma-Aware Summits



Educators and schools continue to navigate key themes and trends in school wellbeing and trauma-aware education – some longstanding, others emerging. This conference will address several essential themes within the following summits:



## **“Team Spirit”** *Belonging and Inclusion*

Cultivating environments where every student feels valued and connected, fostering a safe, supportive community that enhances learning and personal growth.



## **“Getting Gritty”** *Resilience and Grit*

Empowering students with the skills and mindset needed to persevere through challenges, adapt to setbacks, and stay focused on their goals.



## **“Spark and Sustain”** *Engagement and Motivation*

A holistic approach to fuelling passion, purpose, curiosity, and critical thinking to engage with learning tasks.



## **“A Vibe that Thrives”** *Positive School Culture*

Building a culture founded on mutual respect and strong relationships, inspiring high achievement, and fostering a lasting sense of community and purpose.



## **“RefreshED”** *Staff Wellbeing*

Supporting educator and staff wellbeing with actionable strategies and wellbeing interventions.

# What we Aim to Achieve



## At this conference, we have four primary goals:

- Enhance educators' **knowledge** and **confidence** to integrate wellbeing and trauma-aware approaches into their schools.
- Foster **collaboration** and **connection** across schools within each state and territory.
- Equip educators with practical, ready-to-use **solutions** to solve real-world challenges.
- Empower and **celebrate the expertise of our educators** through collaboration, thus supporting their own wellbeing.

## At this conference, delegates will feel:



- **Challenged** to reflect on and reshape their approaches to wellbeing in education - what's new? What's emerging? What might have changed?
- **Inspired** to implement new strategies that create positive change for themselves, their students and their school communities.
- **Empowered** to confidently embed wellbeing initiatives in their schools and communities.
- **Supported** to deliver sustainable practices that enhance their wellbeing practices.

Educators are experts in their fields. This conference is strategically designed to bring together best practice, celebrate the wins and tackle the challenges - together.

# Event structure and flow

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The PESA National Conference has been thoughtfully crafted to foster meaningful connections among delegates, including peers from across Australia, state-specific groups, and experts in wellbeing and trauma-aware education.

The event is scheduled over two days on Monday 8, and Tuesday 9 September, 2025.

## Day 1: Keynotes and Masterclasses

On the first day, attendees will enjoy three world-class keynote speakers known for their expertise and insight in wellbeing and trauma-aware education. In addition, participants can choose from a selection of interactive masterclasses designed to deepen their learning and practical skills. To support attendees' focus and energy, the schedule includes dedicated "Wellbeing Breaks" between sessions, featuring guided activities to support educator wellbeing. The day concludes with an optional networking event featuring entertainment - a great opportunity to connect with the community in a relaxed setting.

## Day 2: Design Thinking and Practical Solutions

The second day shifts to a collaborative, hands-on approach, featuring Design Thinking workshops where educators will tackle real, pre-submitted challenges in wellbeing and trauma-aware education. These sessions are designed to empower educators with actionable strategies and confidence to address challenges in their own schools. The day wraps up with an opportunity to connect with reputable providers of wellbeing/trauma-aware services and programs, giving delegates valuable resources to support their work beyond the conference.



*Image taken from PESA's South Australia State Conference in 2023.*

# Ways to take part

There are several ways to take part in the conference: as a speaker, a presenter, or as a subject matter expert. Find out more below.



*PESA Ambassador, Professor Lea Waters, at PESA's VIC Conference in 2023.*

## Keynote Address (3 opportunities)

- **Purpose:** Inspires, sets the tone, and provides a big-picture overview of the conference theme.
- **Audience Size:** Delivered to the full delegate audience of approximately 500 people.
- **Duration:** 40 minutes.
- **Format and Audience Engagement:** Lecture-style. Some audience interactivity is welcome.
- **Content Depth:** Broad and conceptual, designed to appeal to a wide range of attendees.
- **Criteria:** A keynote speaker must be a high-profile or influential figure and a subject-matter expert.
- **Schedule:** Keynote presentations will take place on Day 1 of the conference (8th September).

## Masterclass (5 opportunities)

- **Purpose:** Offers in-depth, hands-on learning or skill development.
- **Audience Size:** Approximately 75-100.
- **Duration:** 75 minutes.
- **Format and Audience Engagement:** Interactive, with practical activities, discussions, or workshops.
- **Content Depth:** Detailed and specific, focused on advanced knowledge or techniques in a niche area.
- **Criteria:** An experienced practitioner or educator with expertise in the subject matter.
- **Schedule:** Masterclasses will take place on Day 1 of the conference (8th September).

# Ways to take part

## Hackathon

- **Purpose:** A fast-paced platform for practitioners to share practical, proven hacks that enhance whole-school wellbeing.
- **Audience Size:** Delivered to the full delegate audience of approximately 400 people.
- **Duration:** 5 minutes.
- **Format and Audience Engagement:** Short, dynamic presentations (lecture-style) with opportunities for brief audience interaction to reinforce key takeaways.
- **Content Depth:** Context-specific, actionable, and high-impact solutions that are easy to implement
- **Criteria:** Must demonstrate proven success in a school or education setting - beyond just an idea.
- **Schedule:** The Hackathon will take place on Day 2 of the conference (9th September).

## Summit SME

- **Purpose:** Open summit workshops with a 3 minute presentation to set the tone. Provide subject-matter expertise as guidance during workshops.
- **Audience Size:** Approximately 75-100.
- **Duration:** Three summit workshops, each for 60 minutes duration.
- **Format and Audience Engagement:** Highly interactive, involving small group discussions, hands-on activities, or project-based work.
- **Content Depth:** Context-specific and practical, with the goal of actionable outcomes or new insights.
- **Criteria:** Must be able to provide expert guidance, answer questions, and offer insights to deepen the workshop's outcomes without leading facilitation.
- **Schedule:** Summits will take place on Day 2 of the conference (9th September).

**Thank you for considering the opportunity to contribute to our conference.**

If you are interested in participating in any of the speaking roles listed, please contact Lisa Davias at [ldavias@pesa.edu.au](mailto:ldavias@pesa.edu.au) to arrange a discussion.



PESA is Australia's peak body for wellbeing education, dedicated to embedding evidence-informed wellbeing practices into education systems nationwide. We support educators and education systems to prioritise and raise wellbeing across communities, advocating for environments where Australian young people can learn, grow, and thrive.

