



PESA

Australia's Peak Body for Wellbeing Education

Tuesday
Feb 19
5pm - 6pm
AEDT

Collective Solutions: Building a Shared Responsibility for Teacher Wellbeing

Cultivating a culture where teacher wellbeing thrives through shared care and collective action.

Presented by
Justin Robinson
Director and Co-Founder
of The Wellbeing Distillery



Ideal for teachers, school leaders, and wellbeing coordinators, this session reframes wellbeing as a collective responsibility and focuses on translating insight into action. It equips participants with clear frameworks, practical strategies, and ready-to-use resources, supporting participants to build a clear, shared understanding of what strengthens teacher wellbeing in schools.

By the end of the session, participants will:

- Understand the distinction between actions that **promote wellbeing** and those that **prevent illbeing** — and why **both matter**.
- Apply the **Wellbeing Quadrant framework** to identify practical strategies for improving teacher wellbeing at **individual and whole-school levels**.
- **Recognise** and **respond** to ten **psychosocial risk** and **protective factors** influencing staff wellbeing.
- Gain access to and explore over 200 action items co-developed with schools, supporting the creation of customised **Teacher Wellbeing Action Plans**.

Register



THE PRESENTER



Justin Robinson
Director and Co-Founder of
The Wellbeing Distillery

Justin Robinson is the co-founder of The Wellbeing Distillery, supporting hundreds of schools across Australia and 11 countries with wellbeing education. Previously, he was the founding Director of the Institute of Positive Education at Geelong Grammar School. Known for deep listening, storytelling, and inspiring change, Justin spent over 20 years as a teacher and leader. A co-author of Essential Mathematics and My Manifesto, he holds a Master of Education from Monash and is an Honorary Fellow at the University of Melbourne. Named in The Educator's Top 50 Hot List, he also serves as Treasurer of the International Positive Education Network.

FULL ABSTRACT

In this interactive masterclass, Justin Robinson, Director of The Wellbeing Distillery (TWD) and a global leader in wellbeing education, will guide participants through a rich and practical exploration of teacher wellbeing. Aligned with TWD's mission to foster a shared language and culture around wellbeing, the session will introduce key principles, highlight common pitfalls, and inspire participants to reframe wellbeing as a collective responsibility.

Participants will explore the Wellbeing Quadrant framework - a model that distinguishes between actions that promote wellbeing and those that prevent illbeing - and discover targeted strategies to support growth in each of the four quadrants.

The workshop also examines ten psychosocial risk factors and ten protective factors that impact staff wellbeing. Participants will collaborate on real-world strategies, learn how to co-create Teacher Wellbeing Action Plans, and access a curated item bank of 200+ evidence-informed actions drawn from TWD's partner schools across Australia.

Whether you're a teacher, school leader, or wellbeing coordinator, this session offers both inspiration and tangible tools to elevate your school's approach to teacher wellbeing.

Register

