Schools Creating Flourishing Communities
4 & 5 March @ The Peninsula School, Mt Eliza, Victoria.
Conference Bookings: www.pesa.edu.au

PRE-CONFERENCE SEMINAR
Positive Psychology 101

**Date and Time:** Friday 4 March: 9.30 – 11am

**Information:** For those with little knowledge of positive psychology and those looking for a refresher! Justin Robinson, Director of the Institute of Positive Education at Geelong Grammar School, will step us through the evidenced-based fundamentals which underpin Positive Education.

**Cost:** $165pp

Consider staying on for our main conference

MAIN CONFERENCE

**Dates and Times:**
- Day 1 – Friday 4 March: 11.30am – 6.15pm including end-of-day networking session
- Day 2 – Saturday 5 March: 9.00am – 4.00pm

**Cost:**
- PESA Members $425, Non-members $485* (*includes 12 month PESA membership)

As well as offering dozens of workshops for delegates to choose from, the conference offers many outstanding keynote sessions including:

**STRENGTH BASED PARENTING**

*Lea will share the findings of her recent research into how parents can identify and deliberately cultivate positive states, positive processes and positive qualities in their children. Great tips for all parents and schools implementing Positive Parenting programs.*

**21ST CENTURY HEALTH**

*This presentation will include an overview of the current state of youth mental health, and discuss the potential for new technological developments to provide support, access to information, education, and resources. Jane will provide examples of websites, apps, wearables, and other technological tools that are redefining the provision of mental health services and information to young people.*

**POSITIVE EDUCATION: AN INTERNATIONAL PERSPECTIVE**

*Learn how Mexico’s Tecmilenio University which serves 42,800 students on 30 campuses has developed their unique Positive Education model aimed at the wellbeing of students, faculty and administrators. 100% of students take a course in positive psychology. A certificate of positive psychology is required of all university staff.*

**RE-ENGAGING STUDENTS WITH THEIR LEARNING**

*Positive Education holds particular relevance for struggling students, especially those with complex needs as a result of chronic stress, trauma, abuse or neglect. Tom will explain The Berry Street Education Model which aims to strengthen teacher practice and to reinforce and sustain in students the capacity and willingness to re-engage with their academic studies.*

**WELLBEING, NUTRITION AND EXERCISE**

*Helen will present the latest research which emphasises the clear wellbeing advantage that comes with the promotion of healthy eating and an active lifestyle. Hear about strategies currently being adopted by those schools which have developed a heightened focus on getting students eating well and moving more.*

**CHARACTER STRENGTHS REQUIRED OF AN ASTRONAUT!**

*Dianne will discuss her experience of training for the Mars One Mission, her strengths that enabled her to make it through the rigorous selection process and onto the list of the remaining 100 candidates.*

**WHERE IS THE EDUCATION IN POSITIVE EDUCATION?**

*Mathew will argue the need for schools to adopt a wellbeing strategy which includes the integration of Positive Education into their culture and the delivery of a ‘taught’ and the ‘caught’ curriculum.*

All pricing includes GST