

## Orego & Positive Psychology Institute

warmly invite you to attend the

# 1-Day 'Certificate in Mental Fitness'

## Research and practical activities for Students & Schools

You might have heard of this quote: "A country is as strong as its people who make it." Are schools developing strong people for the nation? As responsible educators, how are we helping youths and children flourish, lead purposeful lives and contribute to society as virtuous citizens?

Mental Fitness is one way to build strength, flexibility and endurance in our next generation to meet challenges both at school and in life. Just like physical fitness, Mental Fitness can be improved through regular activities and practices to create habits. The Mental Fitness model uses the familiar and accessible concept of 'fitness' to assist in mental health promotion and building wellbeing.

Australia is one of the few countries in the world heralded as being at the forefront of Positive Education research and practice. Our workshop facilitator, Dr Paula Robinson, hails from Australia and travels globally to share her rich research and practical experience working with parents and schools in Australia and those internationally.

Facilitated by Dr Paula Robinson, this workshop is designed to go beyond informing current research; it equips participants with a selection of practical evidence-based tools that can be immediately implemented back in school, work and everyday life contexts.

**Date and Time:** 9am - 5:30pm, 8th November 2016

( Participant will receive a Certificate of Completion jointly issued by Positive Psychology Institute & Orego )

**Cost:** **\$S650** for 8/11 workshop ( Morning tea, lunch, afternoon tea and learning materials included )

**\$1,200** for both 7/11 & 8/11 workshops ( it is permitted to have a different participant from the same organisation for each of the 2 days )

### Workshop Facilitator Dr Paula Robinson, PhD

*Executive Director, Positive Psychology Institute*

Paula is a renowned expert and speaker specialising in the sub-fields of Wellbeing and Positive Psychology theory, research and practice.

Paula has completed numerous research studies, conference papers, book chapters, articles, invited presentations and strategic positive change programs for government, private organisations, schools and the wider community. She recently launched her book 'Practising Positive Education: A Guide to Improve Wellbeing Literacy in Schools' to introduce Positive Education in the educational setting, home or workplace.

Paula's cutting-edge Ph.D research has defined the concept and measurement of Mental Fitness, which she now applies effectively in her private practice, schools, organisations, and in the design & delivery of Wellbeing and Positive Psychology programs.

Paula has worked with over 100 schools, training and implementing both large and smaller scale Positive Education programs for leaders, teachers, students and parents. Paula is currently an invited lecturer for the University of Wollongong, Sydney Business School, Laureate University (Australia) and Melbourne University's Graduate School of Education and has completed expert advisory panel and media roles including the NSW Department of Education, Deakin University and Prevention Magazine.



## What is Mental Fitness?

Across the globe, educators, parents and citizens are asking how we can best prepare our youth for successful adulthood in the 21st Century. Whilst this has been an age-old question, given the increases in mental illness, youth suicide and societal breakdown, the need has become even greater for learning experiences that allow youth to flourish, lead purposeful lives and contribute to society as virtuous citizens. Schools are now seen as institutions whose role extends beyond academic competence in preparing the whole child (Huitt, 2010).

Paula is arguably the first in the world to address the concept, measurement and development of Mental Fitness, based on her PhD research. Mental Fitness is a proactive, positive term without the negative connotations associated with mental health or mental illness.

The Mental Fitness model uses the familiar and accessible concept of 'fitness' to assist in mental health promotion and building wellbeing. Mental Fitness is underpinned by Positive and traditional Psychology research & practice with the goal of improving individual, team, organisational and community wellbeing.

## About the Workshop

This interactive and practical workshop will equip participants to:

- ◆ Develop an understanding of Positive Psychology and how it is being applied in schools
- ◆ To gain knowledge of the Mental Fitness model and how it applies to students and staff to enhance their wellbeing
- ◆ To gain knowledge of evidence-based activities that can be immediately implemented to improve wellbeing
- ◆ To learn a selection of practical, easy to implement tools to take away and use at school

## Workshop Topics

The following key topics will be covered:

- ◆ Introduction to the concept, assessment and research of Mental Fitness underpinned by Positive Psychology, a positive approach to health and wellbeing at school and in life
- ◆ Each individual component of Mental Fitness (Strength, Flexibility, Endurance and Team) are explored in detail
- ◆ Learn how to develop the 12 Habits of Mental Fitness through practical activities that can be immediately implemented in school, work and everyday life contexts
- ◆ Case study experiences highlighting Mental Fitness in practice in Australia and globally.

## Who Should Attend?

Regardless whether you are just exploring Positive Education, or already in the midst of implementation and sourcing for ideas, tools, etc., you will benefit from this workshop.:

- ◆ School leaders, key personnel esp., those involved in discipline, student welfare and management
- ◆ Private and School counsellors, and AEDs
- ◆ Teachers, esp., Physical Education teacher who wish to explore blending mental fitness to their PE program
- ◆ Parents of children and youth aged 7 to 18
- ◆ Any educators interested in nurturing our next generation

**Register NOW @ [www.orego.com.sg/registration](http://www.orego.com.sg/registration)**

For further information, please visit our website: [www.orego.com.sg/certificate-in-mental-fitness](http://www.orego.com.sg/certificate-in-mental-fitness), or  
Contact Dr Paul Goh at: M: 9735 1774 | E: [paulgoh@orego.com.sg](mailto:paulgoh@orego.com.sg)