

## Orego & Positive Psychology Institute

warmly invite you to attend the

# 1-Day 'Certificate in Positive Education'

## Research, models and practical activities for Schools

Positive Education emphasises the importance of training and development of the traditional academic skills together with the skills of wellbeing. Beyond the academics, Positive Education aims to teach students to live well, even after the schooling years.

With interest rising in Positive Education, many people are looking for a research-grounded yet implementation-focused course that they can learn evidence-based tools that can be implemented back in schools. For this reason, Orego is partnering with Australia's Positive Psychology Institute to deliver the highly regarded 'Certificate in Positive Education' workshop in Singapore! This course has been conducted numerous times in Australia garnering excellent responses from participants.

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

At this workshop, international research findings are accompanied by powerful ideas and practical exercises to help you implement Positive Education in your educational setting. You will develop your own [Positive Education Action Plan](#) to be implemented in your school.

**Date and Time:** 9am – 5:30pm, 7th November 2016  
( Participant will receive a Certificate of Completion jointly issued by Positive Psychology Institute & Orego )

**Cost:** **\$S\$650** for 7/11 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 your 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 Positive Education?

Positive Education is a strand of Positive Psychology aimed to proactively improve wellbeing of students, staff and teachers. It can play a crucial preventative role in reducing depression, anxiety and stress within the school environment.

## About the Workshop

This workshop is designed to go beyond informing current research; it equips participants with practical ways to apply the science of Positive Education in their schools. It walks a perfect line between drawing people into evidence-based thinking and day-to-day practicality in the school context.

Specific learning outcomes from this workshop are:

- ◆ To gain knowledge of the current research in Positive Education being utilised by leaders, teachers, students, psychologists and parents
- ◆ To discuss sustainability through examples of the design and delivery of strategic, Positive Education programs
- ◆ Review and discuss specific best practice activities currently being successfully utilised
- ◆ Gain knowledge of practical activities that can be immediately implemented for students and staff
- ◆ Develop your own Positive Education Action Plan to be implemented into your organisation

## Workshop Topics

The following important topics will be covered:

- ◆ Well-being, Positive Psychology and Positive Education
- ◆ How to create positive and sustainable change in your environment
- ◆ Frameworks for wellbeing: Building a Positive Education environment
- ◆ Positive Education in action
  - ▶ Case study experiences highlighting Positive Education in practice in Australia and globally
- ◆ Building on strength: Understanding the strength-based approach
- ◆ Evidence-based activities and exercises
- ◆ How to construct your own Positive Education Action Plan that is specific to your environment

## 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
- ◆ 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 webpage: [www.orego.com.sg/certificate-in-positive-education](http://www.orego.com.sg/certificate-in-positive-education), or  
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