

Culture of Wellbeing

Learn the foundations for whole school flourishing and wellbeing



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Course outline

Topics explored in the **Culture of Wellbeing** program include:

- The Growing Great Schools model for growing a flourishing learning community at all levels: school leaders, teachers, students, families and the whole school community.
- Cultivating conditions for flourishing to grow a supportive and inclusive work culture and enable us to do our best work.
- Positive leadership—a framework for becoming a positive enabler for organisational thriving, excellence and growth.
- Understanding the emotional brain, the impact of a negativity bias and how to tap into the happiness advantage.
- Core components that contribute to wellbeing and optimal performance—positive emotions, engagement, relationships, meaning and accomplishments.
- The power of positive emotions to broaden and build our resources and create an upward spiral toward flourishing and wellbeing.
- Exploring intentional activities to enhance our individual and collective wellbeing and elevate happiness levels.
- The benefits of working with strengths to get the best from students, staff, teams and the whole school.

Who should attend?

- School leaders and senior staff
- School wellbeing officers and culture leaders
- Teachers, school counsellors and staff
- Coaches and consultants working with schools
- Anyone who wants to enhance wellbeing in schools.



Expert facilitator

Ali Palmer is an engaging and passionate facilitator and an expert in enabling school leaders to cultivate the conditions that lead to flourishing school communities. Ali recognises the importance of building close relationships with schools. She works to understand the unique context of each school and by doing so leads the co-creation of a learning journey that recognises and builds on the strengths of the whole-school community.



Adept at synthesising the science of Positive Psychology and Positive Organisational Scholarship, she models its application in fun, interactive and energising ways. Her work has included a four-year Staff Wellbeing Project with Independent Schools Qld; a three-year Working with Our Strengths Project; and delivering positive school leadership and Circle Solutions training across the country.

Tailored programs

Want to bring this training to your education network or school?

A Culture of Wellbeing can be offered as full-day, half-day, twilight or staff meeting sessions. A longer format will enable concepts to be explored more fully and offer participants the opportunity to experience a broad range of how-to activities.

Visit our website for more information about our professional learning and consulting services or contact us to discuss opportunities.

Enquire now

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