



Building Thriving Schools to Reduce our Mental Health Crisis

19th March, 2018

Time: 9.30am - 3.30pm (Reg. from 8.30am)

Cliftons

Level 1, 440 Collins St, Melbourne

Critical Agendas

Andrea Downie is the co-founder/director of Project Thrive. Andrea has diverse experience, particularly in the field of education, as a primary classroom teacher, school leader of Wellbeing, Learning Enhancement, Technology, Gifted Education and a Deputy Principal. She has a strong passion for the wellbeing and optimal functioning of individuals and groups and has presented regularly to networks of professionals on personalising learning, metacognition, well-being science, neuroscience and the application of positive psychology in education. Passionate about education, she also currently teaches Wellbeing, Performance and Motivation at the University of Melbourne. Andrea loves meeting new people and making connections.

Nell Golden is passionate about wellbeing and youth mental health. She has worked in corporate wellbeing in health promotion and wellness program manager roles at Bupa Australia, reaching over 7000 employees through her implementation of wellness products and services. She also held roles at the Young and Well Cooperative Research Centre, Melbourne in Digital Education for youth and at the University of Melbourne in Student Development and Advice.

Nell has travelled to over 50 countries, lived and worked in Pennsylvania, USA at the International Sports Training Camp as a lifeguard and counsellor, and previously ran her own gym and personal training business in Point Lonsdale. She holds a Master of Applied Positive Psychology (First Class Honours) from the University of Melbourne, a Graduate Certificate in Wellness and a Bachelor of Applied Science (Psychology, with distinction).

Target Audience: Principals, Deputy Principals, Well-being Leaders, Teachers with an interest in or position of responsibility for well-being. 6 PD hrs

Program Description

Despite all of the well-being resources available and more discussion than ever, why is the state of mental health of many Australians at crisis point? With so many well-being programs, tools and resources in schools now, where do you start and what is actually evidenced-based? This engaging day with Project Thrive will walk you through the science of positive psychology, interpersonal neurobiology and neuroscience and how to create an exceptional well-being strategic plan to disrupt the mental health crisis we currently have in schools and to build well-being using a systems approach. With a primary aim to focus on and improve the well-being of students, staff and the community, the day will focus on the state of mental health, what is driving it and effective well-being and mental health strategies to prevent mental ill-health, increasing performance, motivation and achievement. This will increase your skills to guide your school through the process of implementing a 3-5 year well-being strategy providing direction for the whole school in a disruptive approach proven to have a positive impact.

If you are passionate about making a difference in schools and building thriving and integrated individuals in a positively connected environment then this day is for you.



Book Now at www.criticalagendas.com.au or via fax or mail

Postal address:
P.O. Box 1427 Geelong 3220
Telephone: 1800 638 012
Fax: 1800 638 021
Email: admin@criticalagendas.com.au

www.criticalagendas.com.au
COST: \$279 + GST
Cost includes: Program, any issued notes, participation certificate, morning tea and lunch.

A confirmation email will be sent to each applicant

REGISTRATION FORM (May be photocopied)

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ABN 14 693 026 465
6 PD hrs \$279 + GST

Please complete and fax to 1800 638 021
or email to admin@criticalagendas.com.au

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Name/s (**Capitals** please!)

1. _____	Mob _____	Email _____
2. _____	Mob _____	Email _____
3. _____	Mob _____	Email _____
4. _____	Mob _____	Email _____
5. _____	Mob _____	Email _____

Please specify any special dietary needs _____

School / Employer _____

Address _____

Sub/Town _____ Postcode _____

Ph _____

BOOKING CONDITIONS No applications for this program will be accepted after all vacancies have been filled. Unsuccessful applicants will have their monies refunded in full. Cancellation prior to two weeks before the program date (cut-off date) will incur a 15% service charge per applicant. This program will be payable in full for cancellations made on or after the cut-off date or for failure to attend the program. All cancellations must be in writing and emailed to us. In the event of insufficient applications this program will not proceed and registration monies be fully refunded. In the event of this program being cancelled due to unforeseen circumstances registration monies only will be refunded as Critical Agendas will not accept liability for the payment of any other associated costs. Critical Agendas reserves the right to vary the advertised programs prior to commencement.

Purchase Order No.
(REQUIRED if wishing to be invoiced) _____

Name of Contact for invoice: _____

Contact Email: _____

OR Enclosed is payment for \$ _____ payable to CRITICAL AGENDAS or please debit my
 Mastercard VISA

Card No. _____

Name on Card _____

Exp Date _____ Signature _____