



Developing, Nurturing and Leading the Way
National Mental Health Conference 2021
Addressing the needs of your students Mental Health

*If you only go to
one Professional
Development Conference
in 2021, this is the one
YOU MUST ATTEND.
See you at The Valley!*

**Thursday 26th August
& Friday 27th August, 2021**

To be held live at **Moonee Valley Race Course** (or alternatively live streamed)
1 McPherson Street, Moonee Ponds, Victoria, Australia.

Who should attend? Anyone who teaches or works with students in any capacity to improve their mental health.

REGISTER ONLINE: www.criticalagendas.com.au

Focus of this National Conference

Mindfulness, ASD, Difficult Conversations, ADHD, Anxiety, Resilience, Well-Being, Mental Health Procrastination and a host of other intertwined mental health areas.

Cost to participate in this conference

ATTENDING IN PERSON:

26 & 27 August 2021 (Both Days)	COST PER PERSON	\$649 + GST
26 August 2021 (Day One Only)	COST PER PERSON	\$449 + GST
27 August Only (Day Two Only)	COST PER PERSON	\$449 + GST

ATTENDING VIA ZOOM LIVE STREAM:

26 & 27 August 2021 (Both Days)	COST PER PERSON	\$569 + GST
26 August 2021 (Day One Only)	COST PER PERSON	\$369 + GST
27 August Only (Day Two Only)	COST PER PERSON	\$369 + GST

Book online at www.criticalagendas.com.au

Booking Conditions

No applications for this program will be accepted after all vacancies have been filled. Unsuccessful applicants will have any monies paid refunded in full. Cancellation made prior to the Thursday 12th August, 2021 will incur a 25% service charge per applicant. This program will be payable for in full for cancellations made on or after Thursday 12th August, 2021 or for failure to attend the program.

Participants will be sent a Zoom link which is only to be used by the registered person. If any other unregistered person views the webinar without registration, they will be liable for the full registration plus an additional 25% administration fee. No attendance certificates will be issued until all monies are paid in full.

Any cancellation must be made in writing and emailed to admin@criticalagendas.com.au in accordance with the terms and conditions.

In the event of insufficient applications this program will not proceed, and registration monies paid will be fully refunded. Critical Agendas Pty Ltd will not be accepting liability for any other associated costs.

Please note no refunds are possible for any non-attendance due to Covid19 or Covid19 Lockdowns. Should we not be able to proceed in face to face format any face to face registration will automatically change to the webinar format.

Critical Agendas Pty Ltd reserves the right to vary the advertised program prior to commencement.

Sally Learey



Sally Learey is a renowned keynote speaker, author and education consultant. As well as teaching, she holds qualifications in training, positive psychology, coaching and counselling. Sally has worked in both training and primary and secondary teaching sectors across a variety of educational settings. Sally is also an author of 7 books ranging from children's books to adult non-fiction. She is passionate about supporting the wellbeing of teachers and leaders in education.

Sally empowers teachers to create classrooms and learning environments that are inclusive for all students. As a mother of a son with special needs which includes ASD, she has a wealth of personal and professional expertise in this area.

Sharon Witt



Sharon Witt has been an educator in Australian schools for three decades and is a highly sought-after media commentator on issues impacting young people, parenting and educational issues. She writes for a number of publications and is regularly interviewed for print media. Sharon is a best-selling author of 18 books written for young people to help guide them through many of the issues they face in early years, including the best-selling *Girlwise and Wiseguys series, Teen Talk, and Starting Secondary School* (co-written with Dr Michael Carr-Gregg)

Sharon is also the founder of the nationwide Resilient Kids Conference, a one-day conference aimed at equipping parents, educators and carers in building resilience in their children and teenagers.

Brock Bastian



Brock Bastian is a Professor of Psychology at the University of Melbourne. In his search for a new perspective on what makes for the good life, Brock Bastian has studied why promoting happiness may have paradoxical effects and why we need negative and painful experiences in life to build meaning, purpose, resilience, and ultimately greater fulfilment in life. In his book *"The Other Side of Happiness"* he argues that embracing risk and pain in life is important, not only for our own happiness, but also for the development of our children.

In his research on well-being, he has addressed questions such as why promoting happiness may have a downside, the cultural factors leading to depression, and why valuing our negative and painful experiences in life is a critical pathway to achieving happiness. Brock's research on behavioural ethics broadly focuses on the various motivations that shape our ethical decision making around important social issues and how people resolve conflicts of interest. This extends to issues such as the treatment of animals and the environment. Broadly, Brock's research seeks to understand the link between ethical behaviour and personal well-being, and why this link is critical to meaning and fulfilment in life.

Brock completed his Ph.D. in 2007 and since then has published more than 100 peer-reviewed journal articles and book chapters. His work has been featured in outlets such as *The Economist, The New Yorker, TIME, New Scientist, Scientific American, Harvard Business Review, and The Huffington Post*, among many others. His innovative approach to research has been acknowledged with the Wegner Theoretical Innovation Prize, and his contribution to psychology has been recognized by the Australian Psychological Society and Society of Australasian Social Psychologists early career researcher awards. Brock's research has been supported by over \$2 million in research funding.

Jules Haddock



An accomplished conversationalist in mental health education, Jules has an engaging and creative approach in helping communities understand mental illness and how to manage the invisible learning blocks and walls often confronted, in learning expeditions. She takes the myths and fictitious beliefs about mental illness, and weaves participants into developing safe and confident based approaches that can be used in supporting and maximizing confidence in “the space” for both teacher and learner.

With gaiety and passion, she introduces us into an awareness of mental health literacy, recovery, and the importance of embracing strength based and person-centred learning for each student.

- Principal Master Mental Health Instructor
- President of Not-for-Profit , Charity Art of the Minds
- REACH Facilitator – Black Dog Institute.
- Practicing Author and Artist.

Michelle Falzon



Michelle is an educator, lover of learning, and advocate for positive mental health and wellbeing. After facing an unexpected tragedy that completely changed the trajectory of her life, she now sees herself as a survivor and not a victim. So, it is with this strong mindset that she has dedicated herself and the work that she does each day to supporting others. She is a firm believer that knowledge is power, and when we are taught to recognise our own God-given strengths, then we are empowered to take action each and every day to be the best version of ourselves. As an educator, she strongly advocates for education travelling far beyond the four walls of any classroom. All her work is created to support individuals develop and sustain habits of good health and positive thinking that is life-long and sustainable. She strives to have people acknowledge and understand that they themselves are the authors of their own stories that they so wonderfully create in life.

Michelle has created the hashtag StayFocused and uses this as a driving force with all her work. It is with this that she encourages her audience to remain positive and focused on what they truly want, need and desire on their journey each day. Through her work, she strives to educate each person by creating dialogue and conversation, instilling and empowering a strong sense of hope and faith. She offers practical strategies through her work as a positive psychology coach, mentor and educator so people can implement them whilst they feel supported, and so they can develop and nurture their own positive wellbeing and mental health.

Greg Mitchell



Greg Mitchell is an established and highly sought after behaviour management consultant who works with teachers and administrators where it counts... in schools and in classrooms. He regularly teaches in classrooms in primary and secondary schools all over Australia demonstrating the changes that really work.

Greg has taught every year level from year one to year twelve in his teaching career and has a wealth of teaching insights, ploys, methods and resources to share on teaching and learning. He now does teaching demonstrations with classrooms throughout Australia. His aim is to demonstrate to both teachers and students how it is possible to engage everyone in learning by using a mixture of planning, resources, tactics, skills and strategies.

Greg suffers from enthusiasm and a great desire to share all of his resources with as many teachers as he can. Greg is an exceptional presenter with the ability to connect with educators, to challenge them and provide many practical strategies that work! Great knowledge, practical, dynamic and very entertaining!

Itinerary

Day 1 – Thursday 26th August 2021

8.45am – 9.00am	Conference Registration
9.00am – 10.15am	Presentation No 1 – Greg Mitchell <i>Re: Mind: Ed. The Incredible power of mindful awareness.</i>
10.15am – 10.45am	Morning tea
10.45am – 12.00 noon	Presentation No 2 – Sally Learey <i>Improving the mental health of our ASD students.</i>
12.00pm – 1.15pm	Presentation No 3 – Michelle Falzon <i>Taking the stress out of challenging conversations.</i>
1.15pm – 2.00pm	Lunch
2.00pm – 3.30pm	Presentation No 4 – Greg Mitchell <i>The Compassion factor. Where Mental Health and Behaviour Management collide.</i>

Day 2 – Friday 27th August, 2021

8.45am – 9.00am	Conference Registration
9.00am – 10.15am	Presentation No 5 – Jules Haddock <i>Managing Students Creatively on the road called Anxiety.</i>
10.15am – 10.45am	Morning tea
10.45am – 12.00noon	Presentation No 6 – Brock Bastian <i>Building more resilient adolescents – Why our best intentions are leading us astray.</i>
12.00noon – 1.15pm	Presentation No 7 – Sharon Witt <i>How do we support the well-being of our young people post Covid?</i>
1.15pm – 2.00pm	Lunch
2.00pm – 3.30pm	Presentation No 8 – Greg Mitchell <i>Procrastination Detonation – Liberating your mental health by getting stuff done!</i>
3.30pm – 3.45pm	Conference close

Day 1

Thursday 26th August, 2021

8.45am – 9.00am – Conference Registration

Presentation 1

9.00am – 10.15am – Greg Mitchell



**Re: Mind: Ed.
The Incredible power of mindful
awareness.**

Mindfulness awareness is the simple process of noticing new things.

Whatever you're doing, you're doing it either mindfully or mindlessly. And the consequences of being in one state of mind or the other are enormous.

In our rush to get back to whatever "normal" was, there is a strong chance that we will return to service "as usual" rather than service "as it could be". Without noticing we easily slide into a state of "mindlessness" that causes us to languish rather than flourish.

When we approach the world with mindful awareness we can more accurately assess and respond to situations, release judgement, and stay open to possibilities. We separate ourselves from limiting beliefs and stay awake in the moment. It's the essence of engagement and is energising rather than energy depleting.

This attention grabbing, entertaining, challenging, and uplifting keynote will demonstrate to you how the simple act of mindful interrogation of the present processes in your school can revolutionise the mental health of students, staff, and families.

Based around the ground-breaking work of Ellen Langer the first female professor to gain tenure in the psychology department at Harvard University this keynote demonstrates how to increase health, competence, and happiness by paying attention.

This keynote is full of mind blowing attention tests and simple noticing strategies that can cause seismic shifts in your school practices.

The keynote calls on us all to notice how our mindless obsession with end results rather than our students ongoing development has robbed them of their natural curiosity and engagement in learning and to pay attention to the simply powerful act of being present.

10.15am – 10.45am - Morning Tea

Presentation 2

10.45am – 12.00pm – Sally Learey



**Improving the mental health of our
ASD students**

Research has found that autistic people are more likely to experience mental health issues than the general population.

Current evidence reports that around 50-70% of autistic people experience mental health conditions; the most common being depression, anxiety disorders and/or obsessive compulsive disorder.

This presentation aims to support the learning outcomes and wellbeing of ASD students by reducing their anxiety through targeted instruction and modification of physical, learning, communication and social-emotional classroom environments.

Presentation 3

12.00pm – 1.15pm – Michelle Falzon



**Taking the stress out of challenging
conversation**

Difficult conversations are unavoidable in life. In the workplace, they can run the gamut from firing a subordinate to, curiously enough, receiving praise. But whatever the context, stressful conversations carry a heavy emotional load. Indeed, stressful conversations cause such anxiety that most people simply avoid them. Yet it can be extremely costly to dodge issues, appease difficult people, and smooth over antagonisms; and essentially, avoidance usually only worsens a problem or a relationship.

Over the course of this workshop, participants will explore a range of positive psychology interventions and strength-based coaching strategies to assist with regulating oneself before, during and after a difficult conversation has been experienced and why they can be beneficial and empowering.

1.15pm – 2.00pm - Lunch

Presentation 4
2.00pm – 3.30pm – Greg Mitchell



**The Compassion factor.
Where Mental Health and
Behaviour Management collide**

Student mental health is a key factor in many misbehaviours in school and how a school handles behaviour management is at the core of many teacher's mental health.

It is important for all teachers to understand children and young people rather than simply seeking to control them. To do this we need guidelines, trust, and encouragement so that we can use curiosity and empathy combined to build a powerful school culture that uses the power of unconditional positive regard with care.

The heart of this workshop is constructed around how fear and anxiety can influence behaviour and what to do about it.

The Compassion Factor builds a whole school strategy around training all teachers to consistently...

- Create safety.
- Regulate the nervous systems in their room.
- Build connected relationships.
- Develop coherent narratives.
- Practice 'power-with' strategies of empowerment, collaboration, choice, and voice ...
- Build social emotional and resiliency skills.
- Foster growth.

"Let's stop waiting for the magic behaviour solution. It isn't coming. The answer lies in the ability of adults to deliver behaviour policy and practice that is simple, highly effective and utterly consistent."

When the Adults Change, Everything Changes,

Paul Dix



Day 2

Friday 27th August, 2021

8.45am – 9.00am – Conference Registration

Presentation 5

9.00am – 10.15am – Jules Haddock



Managing Students Creatively on the road called Anxiety

If Covid was an educational car, it put the accelerator down on the road to anxiety for many learners.

This session will have you on your feet, in both mind and body, as you explore the impacts of anxiety on student performance. You will see your role as the engaging lolly pop person, assisting students to manage their anxiety in a safe environment, and travel the educational route of success.

- The COVID ANXIETY backfire- what does that mean for learners?
- How we can recognise anxiety roadblocks to optimize student engagement and positive learning outcomes.
- Creative approaches in supporting anxious students to enjoy the scenery on the educational road.

10.15am – 10.45am - Morning Tea

Presentation 6

10.45am – 12.00pm – Brock Bastian



Building more resilient adolescents – Why our best intentions are leading us astray

We all know that resilience is important. We have been told that focusing on strengths is critical for building happy and healthy children. But where does resilience and personal strength come from?

The current zeitgeist of focusing on the importance of positive emotion, positive thinking, and positive self-regard may be inadvertently leading to less happiness and less resilience.

In this talk I will explore how to build resilience and personal strength, how to avoid toxic positivity, and why teaching children to lean into discomfort is critical in promoting their wellbeing.

Presentation 7

12.00pm – 1.15pm – Sharon Witt



How do we support the well-being of our young people post Covid

Statistics tell us that 1 in 4 young people experience issues concerning their mental health. Add in the challenging year of Covid19 last year, and supporting the wellbeing of our young people, and ourselves, has never been more significant.

In this workshop, experienced secondary educator and author, Sharon Witt will discuss some of the key aspects that impact the well-being of our children and teens, including specific practical strategies we can input into our classrooms to build a strong culture of wellbeing.

This highly practical session will also showcase some of the latest resources and programs used to assist young people in building their own wellbeing repertoire.

1.15pm – 2.00pm - Lunch



Presentation 8

2.00pm – 3.30pm – Greg Mitchell



Procrastination Detonation – Liberating your mental health by getting stuff done!

*"I'm not a procrastinator. I'm just extremely
productive at unimportant things."*

The Elephant on the Road

Do you get frustrated because your students have great ideas but can't get started? Do you get upset because your students so often start out with good intentions but end up in mental anguish? Are you disappointed because you do exactly the same thing as your students?

Procrastination is process powered by ancient neuro-habits that will do almost anything to protect us from pain.

The good news is the process of procrastination is always the same. You face an uncomfortable task, your mind generates negative thoughts and emotions, you want to get rid of these painful thoughts and emotions, you end up avoiding the task as a way to relieve tension and negativity.

Why is this good news?

Training your students to realise that thoughts and emotions influence, but don't determine their actions enables them to take action despite experiencing negative thoughts and emotions.

The key to procrastination detonation is two simple concepts.

- The pain is in the anticipation.
- You won't feel like doing it tomorrow either!

This workshop will endeavour to deliver nearly 30 strategies for dealing with:

- Getting started
- Dealing with temptations and distractions and
- Longer Term solutions

**AND YOU'LL LEAVE THE CONFERENCE WITH A PLAN TO
CHANGE THE WORLD FORVER!**

3.30pm – 3.45pm – Conference close

