

***Girls Education Conference***  
*Understanding the nuances of our  
girls to increase their success*



**LIVE  
STREAMED  
WEBINAR**

**Thursday 12th  
August, 2021**

Register online  
[www.criticalagendas.com.au](http://www.criticalagendas.com.au)

5.5 hours of Professional Development

**Target Audience:** All Teachers who look after Girls, All Education Support Staff, School Counsellors and Chaplains, Anyone interested in the Education and Welfare of Girls.

## 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.

## David Vinegrad



David is the Director of Behaviour Matters, a business dedicated to assisting schools and organisations get the best out of what they do. David believes that by improving the way people relate to each other in the work place is vital because behaviour matters. As a recognised world leader in the development of restorative practices David is able to assist schools and organisations to be at the cutting edge in their field. David is an accredited Restorative Justice Facilitator with VARJ (Victorian Association for Restorative Justice) and is a member of the VARJ Committee.

David's capacity is highlighted by his work with the Singapore Ministry of Education training Guidance Branch Officers and the staff of pilot schools as one of the first Restorative Practice initiatives in Singapore. More recently he has presented workshops on behaviour management in China, Malaysia, Japan and Singapore.

He has worked a classroom teacher in Japan for 5 years and in Brazil for 2 years. David has a Bachelor of Education and a Master of Education in Counselling and Adolescent Development. He is registered teacher with the Victorian Institute of Teaching and is often at the coal face working as a CRT.

## Miranda Marriott



Miranda Marriott is an engaging speaker and facilitator, with over 12 years of experience in the Health and Wellbeing industry. She understands schools, teachers and students and how to best support and communicate with them as she has worked as the head of wellbeing, a year level coordinator and Psychology teacher. Miranda has completed post-graduate studies in Education, Life Coaching and Commerce (Human Resources), along with a Bachelor of Arts (Psychology and Counselling). She is a skilled communicator as she spoken to Whole Schools, Year Levels, Teachers, TAFEs and Corporates and has studied public speaking. Miranda is passionate about wellbeing for both staff and students because she has seen the profound impact that these insights and strategies have had.

## 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

### Thursday 12th August, 2021

8.45am – 9.00am	<b>Webinar Registration</b>
9.00am – 10.30am	<b>Michelle Falzon</b> <i>Self-Care is NOT a dirty word! Supporting our Girl's mental health and wellbeing with self-care strategies.</i>
10.30am–11.00am	<b>Morning Break</b>
11.00am–12.30pm	<b>Dave Vinegrad</b> <i>Adapting Restorative Practices for Girls.</i>
12.30pm – 1.00pm	<b>Lunch</b>
1.00pm–2.15pm	<b>Miranda Marriott</b> <i>Improving your Girl's self-Worth, Self – Talk and Academic performance.</i>
2.15pm–2.25pm	<b>Afternoon Break</b>
2.25pm – 3.40pm	<b>Greg Mitchell</b> <i>"The problem with Perfection" – Building up Girl's resilience</i>
3.40pm	<b>Webinar Concludes</b>



## Thursday 12th August, 2021

9.15am – 9.30am – Webinar log in

### Presentation No 1

9.00am – 10.30am – Michelle Falzon



#### Self-Care is NOT a dirty word! Supporting our Girl's mental health and wellbeing with self-care strategies.

We live in a fast-paced, highly interactive world. More often than not we tend to give our energy to others first before we turn our attention inwards to take care of ourselves. We sometimes conform to expectations of society and feel guilty for making attempts to nurture our own needs. During this presentation, Michelle will offer you the opportunity to explore multiple aspects of self-care, and give you insight as to how best implement strategies that will support your ability to embrace and nurture your mental health and wellbeing. Your takeaways from this experience will enable you to be the best version of yourself that you choose to be, and will enhance your knowledge and understanding of how best to avoid burnout and combat mental health challenges.

10.30am–11.00am– Morning Tea

### Presentation No 2

11.00am–12.30pm – Dave Vinegrad



#### Adapting Restorative Practices for Girls

For almost 25 years schools across Australia have implemented Restorative Practices to varying degrees of success and effectiveness. Many progressive schools that have a strong focus on relationships have realised that the restorative philosophy needs to be adapted for their diverse student population. This workshop will focus on the basics of Restorative Practices and how we can differentiate the approach for girls.

Participants will be guided through a quick refresher of what it means to be a 'restorative' school and how 'restoring and repairing' relationships can be done in practical terms. A key focus of this workshop will be about defining the professional teacher - student relationship so that we are explicit about what are we 'restoring' the relationships to.

12.30pm – 1.00pm– Lunch

### Presentation No 3

1.00pm–2.15pm – Miranda Marriott



#### Improving your Girl's self- Worth, Self – Talk and Academic performance

The way that our girls perceive, speak and relate to themselves has a dramatic impact on their engagement and performance at school, their relationships with their peers, their teachers and their parents, as well as their health and general quality of life. The typical way people try to enhance their motivation, performance and experience of life, involves being critical and harsh with themselves, but research now demonstrates how this actually leads to underperformance and undermines their wellbeing.

This session will explore the origin of the self-worth and self-talk issues and the problems that psychologists are now finding that the previous suggestions around improving self-esteem. Miranda will explore the latest research and insights around the power of self-compassion to enhance their self-perception and self-talk, as well as transform your girl's relationship with themselves, their study, their performance and their broader life.

2.15pm–2.25pm– Afternoon Break



## Presentation No 4 2.25pm – 3.40pm – Greg Mitchell



### “The problem with Perfection” – Building up Girl’s resilience.

Confidence is the bridge that transforms our thoughts into actions. And its mortal enemy is the never ending need for perfection.

By many measures, girls are excelling like never before and their performance is exceeding that of boys. At the same time, girls’ anxiety rates have been skyrocketing over the past ten years.

As girls approach adolescence, their openness to risk and failure becomes buried under an avalanche of biological and cultural signals telling them to be careful, value perfection, avoid risk at all possible costs.

Research shows that confidence levels are evenly matched for boys and girls until the age of 12. But between the ages of 8 and 14, girls’ confidence levels nose-dive by 30 percent.

When girls try NEW hard things, their confidence grows. If they play it safe and only do the things that they are good at doing, they won’t grow in belief. It’s impossible to build this belief by staying in a comfort zone, only doing what you are already good at.

This workshop explores.

- The science, research, and data on why this dramatic change is happening.
- How school can curb their impulse to help female students navigate the world by designing curriculum that lets them mess up, make mistakes, and then figure out how to rebound.
- The critical need for role models who make mistakes, share their disasters and acknowledge resilience over perfection.
- The problem with praise.
- Essential assessment readjustments.
- The parent connection needed to bring parents on the journey.
- Over twenty BIG strategies that can be made with small changes.

### 3.40 - Webinar Concludes



## Understanding the nuances of our girls to increase their success

If registering Manually please fill in all details below and scan and email to [admin@criticalagendas.com.au](mailto:admin@criticalagendas.com.au)

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Suburb/Town: \_\_\_\_\_

State: \_\_\_\_\_ Post Code: \_\_\_\_\_

Country: \_\_\_\_\_

School Telephone: \_\_\_\_\_

**Participant 1**

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Participant 2**

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Position: \_\_\_\_\_

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**One Day Only \$269 + GST per person**

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**Register online :**  
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**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 29th July, 2021 will incur a 25% service charge per applicant. This program will be payable for in full for cancellations made on or after Thursday 29th July, 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](mailto: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.

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