



In response to “*we only have 15 minutes in the staff room!*” we designed Bite Size Learning for Wellbeing Lead teachers to run short professional learning sessions with their staff that can be easily adapted for the classroom.

Each episode includes:

- ✓ A short teaching video with Dr Lucy Hone, Dr Denise Quinlan, educators and psychologists experienced in staff and student wellbeing
- ✓ A downloadable overview guide for Wellbeing Leads
- ✓ A Teacher Activity handout
- ✓ Further optional resources for each topic to watch, read or listen to

Topics are in a logical order that builds on previous knowledge, allowing you and your staff to accumulate a deeper understanding around your whole school wellbeing. Shorten the sessions to 15 minutes or expand to 45 minutes.

Bite Size Learning:

- ✓ Builds educator knowledge on topics that are the foundations of wellbeing in education
- ✓ Stimulates discussion and learning amongst educators
- ✓ Promotes development of a shared language of wellbeing in your school
- ✓ Gives staff confidence to address wellbeing topics in the classroom
- ✓ Equips staff with practical, evidence-based strategies

“ The BSL videos are manageable chunks of professional learning that have fitted well into part of our staff meeting, Teacher Only Day or meeting before school. The videos, plus activity guides and worksheets, provide practical advice, in an engaging way, to use straight away in your personal life, school setting or classroom. It has made us realise that our wellbeing is up to us and that we can make small, manageable steps to improve it.

Cost: for a limited time*, each series of 6-7 episodes is \$1,305 per school (+ GST, one login) and \$2,870 per Kāhui Ako (+ GST, one login per school), for lifetime access.

(*introductory offer available until 1 December 2021)

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NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**



Series 1 Episodes 1-7

1. What is Wellbeing?

What do we actually mean by wellbeing? Dr Lucy Hone and Dr Denise Quinlan introduce the science of wellbeing, explain that rather than being a distraction, wellbeing in fact supports learning, and why we need to build whole-school wellbeing.

2. Negativity Bias & Positive Emotion

Negativity Bias refers to the fact that humans are hardwired to notice threat and weakness for survival. Positive Emotions are the key to thriving and to enable learning. Barbara Fredrickson has identified 10 positive emotions humans experience and can use to overcome the Negativity Bias.

3. Overcoming Negativity Bias with Gratitude

Gratitude is strongly associated with wellbeing and resilience. Dr Lucy Hone and Dr Denise Quinlan talk about using the tools and the language of gratitude to overcome Negativity Bias.

4. Overcoming Negativity Bias using Strengths

Strengths are what we do well and enjoy doing. Adrienne Buckingham interviews Dr Denise Quinlan about learning how to use Character Strengths to overcome the Negativity Bias.

5. Strengthening Relationships

Relationships are the single biggest predictor for our wellbeing. Dr Denise Quinlan and Adrienne Buckingham discuss strength-spotting, how to practise gratitude, and experience positive emotions to strengthen relationships with people in your life.

6. Wellbeing Models

Wellbeing Models are like a shorthand for communicating the mechanisms that underpin wellbeing. Learn how a wellbeing framework can help your school to live and embed wellbeing.

7. Managing Anxiety

Anxiety is a normal response; our brain is trying to keep the body safe. Dr Denise Quinlan interviews Dr Emma Woodward about how to recognise the physical sensations of anxiety in ourselves, our students and others. Strategies are provided for calming this response.

Series 2 Episodes 8 -13

8. Growth Mindset, Perfectionism & Self-Compassion

Dr Denise Quinlan is joined by Adrienne Buckingham to discuss dealing with perfectionism and anxiety, and how a growth mindset and self-compassion can be helpful alternatives.

9. Strengths Spotting

Strengths Spotting is an important skill that can effectively promote wellbeing in you and others, helping enhance relationships at home or at work.

10. MenFit

'MenFit' is a comprehensive and effective mental fitness programme taught in boys' education. Dr Denise Quinlan and Adrienne Buckingham discuss how it works, and the benefits of 'MenFit' for young men's personal growth and wellbeing.

11. Thinking Traps

Dr Lucy Hone and clinical psychologist Julie Zarifeh discuss Thinking Traps, what they are and why understanding and spotting them is key to wellbeing.

12. Rest and Recovery: Protection Against Burnout

Learning how to rest and restore your wellbeing is the key to avoid professional burnout.

13. Working with Strengths: Take Your Strengths Seriously

Dr Denise Quinlan & Adrienne Buckingham discuss the challenges of acknowledging and valuing your own strengths (and why some people may say 'why did I get the boring strengths?'). When we take our strengths seriously, we can focus on doing more of what we love in the world, and improve our wellbeing.

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