



Links to our Wellbeing in Education series are below, or you can also find these on the NZIWR Website:

www.nziwr.co.nz/category/education

You can find our podcasts on all major platforms



1 What is wellbeing and why should you care about it - with Dr Lucy Hone

6 June 2018 - 28 min

<https://nziwr.co.nz/why-wellbeing-matters-to-you-and-me/>

4 Bounce Back: Building resilience - strategies for children - with Dr Toni Noble

27 June 2018 - 25 min

<https://nziwr.co.nz/bounce-back-strategies-to-develop-resilience-with-dr-toni-noble/>

7 Overcoming trauma to build wellbeing - with Tom Brunzell

18 July 2018 - 26 min

<https://nziwr.co.nz/from-trauma-to-wellbeing-with-tom-brunzell/>

10 How Mindfulness Improves Wellbeing: Focus on what really matters with mindfulness - with Grant Rix

8 August 2018 - 23 min

<https://nziwr.co.nz/how-mindfulness-improves-wellbeing-with-grant-rix/>

13 Managing Anxiety: Calming the anxious brain - with Dr Emma Woodward

29 August 2018 - 26 min

<https://nziwr.co.nz/calming-the-anxious-brain-with-dr-emma-woodward/>

2 Manage your positive emotions to boost your wellbeing - with Sue Langley

13 June 2018 - 29 min

<https://nziwr.co.nz/harnessing-positive-emotions-to-create-change-with-sue-langley/>

5 Training for a fit mind - with Paula Robinson

4 July 2018 - 26 min

<https://nziwr.co.nz/training-for-a-fit-mind-with-dr-paula-robinson/>

8 Restorative practice builds the health and wellbeing of communities. How do we repair harm? - with Marg Thorsborne

25 July 2018 - 27 min

<https://nziwr.co.nz/relationship-restoration-how-do-we-repair-harm/>

11 The Heart of a School: Social and emotional skills to navigate the world - with Sue Roffey

15 August 2018 - 30 min

<https://nziwr.co.nz/the-heart-of-a-school-with-dr-sue-roffey/>

14 Navigating Challenge & Change - Resilience: why it matters and how to build it - with Dr Lucy Hone

5 September 2018 - 26 min

<https://nziwr.co.nz/navigating-challenge-and-change-with-dr-lucy-hone/>

3 Moving from mental illness to mental fitness - with Dr Jo Mitchell

20 June 2018 - 26 min

<https://nziwr.co.nz/moving-towards-mental-fitness-with-dr-jo-mitchell/>

6 Having fun with physical activity is a winning combination - with Dr Elaine O'Brien

11 July 2018 - 27 min

<https://nziwr.co.nz/fitness-fun-and-friendship-with-dr-elaine-obrien/>

9 Large Scale Wellbeing: building the world's first flourishing state - with Gabrielle Kelly

1 August 2018 - 23 min

<https://nziwr.co.nz/wellbeing-for-all-with-gabrielle-kelly/>

12 High performance - with John Quinn

22 July 2018 - 26 min

<https://nziwr.co.nz/high-performance-with-john-quinn/>

15 Band Together for Hope - A public wellbeing initiative - with Lockie McWilliam

12 September 2018 - 21 min

<https://nziwr.co.nz/band-together-for-hope-with-locky-mcwilliam/>



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1 Building Whole-school Wellbeing

- with Dr Lucy Hone & Dr Denise Quinlan

10 September June 2019 - 28 min

<https://nziwr.co.nz/building-whole-school-wellbeing-with-dr-lucy-hone-and-dr-denise-quinlan/>

2 The First Three Years of Wellbeing Agenda

- with Sonya Papps

10 September 2019 - 28 min

<https://nziwr.co.nz/the-first-three-years-of-a-wellbeing-agenda-with-sonya-papps>

3 Lessons from a Decade of Wellbeing Work

- with David Kolpak

24 September 2019 - 28 min

<https://nziwr.co.nz/lessons-from-a-decade-of-wellbeing-work-with-david-kolpak/>

4 Mental Fitness in the Classroom

- with Adrienne Buckingham

1 October 2019 - 27 min

<https://nziwr.co.nz/mental-fitness-in-the-classroom-with-adrienne-buckingham/>

5 Exploring Different Wellbeing Models

- with Stephen Eames

8 October 2019 - 27 min

<https://nziwr.co.nz/exploring-different-wellbeing-models-with-stephen-eames/>

6 Writing the Raroa Staff Wellbeing Book

- with Stephen Eames

15 October 2019 - 29 min

<https://nziwr.co.nz/writing-the-raroa-staff-wellbeing-book-with-stephen-eames/>

7 Whole-School wellbeing: A Coaches Perspective: How do different schools address wellbeing?

- with Clive Leach

22 October 2019 - 27 min

<https://nziwr.co.nz/whole-school-wellbeing-from-a-coaches-perspective-clive-leach/>

8 How Strengths Based Approaches Support Wellbeing? What's right with people?

- with Dr Denise Quinlan

29 October 2019 - 26 min

<https://nziwr.co.nz/how-strengths-based-approaches-support-wellbeing-with-dr-denise-quinlan/>

9 The Mahi: Cultural responsiveness in schools-

with Nathan Riki

5 November 2019 - 34 min

<https://nziwr.co.nz/the-mahi-cultural-responsiveness-in-schools-with-nathan-riki/>

10 Positive Education Leadership: How can leaders embed sustainable wellbeing change?

- with Charlie Scudamore

12 November 2019 - 43 min

<https://nziwr.co.nz/positive-education-leadership-with-charlie-scudamore/>

11 The Heart of a School: Social and emotional skills to navigate the world

- with Clare Erasmus

19 November 2019 - 32 min

<https://nziwr.co.nz/school-wellbeing-on-a-budget-with-clare-erasmus/>

12 The battle against boredom in the classroom

- with Mette Ledertoug & Nanna Paarup (Denmark)

26 November 2019 - 25 min

<https://nziwr.co.nz/the-battle-against-boredom-in-schools-with-mette-ledertoug-nanna-paarup/>

13 How Restorative Practices can contribute to Wellbeing

- with Greg Jansen

3 December 2019 - 26 min

<https://nziwr.co.nz/how-restorative-practices-can-contribute-to-school-wellbeing-with-greg-jansen/>

14 The Neuroscience of Wellbeing: What can we do to help children and adolescents develop secure attachments?

- with Nathan Wallis

10 December 2019 - 40 min

<https://nziwr.co.nz/the-neuroscience-of-wellbeing-with-nathan-wallis/>

15 Wellbeing Learning to Fit Staff Time and Interest

- with Rhiannon McGee

17 December 2019 - 29 min

<https://nziwr.co.nz/wellbeing-learning-to-fit-staff-time-and-interest-with-rhiannon-mcgee/>



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16 Psychological Capital as a Wellbeing Model: What does PsychCap look like in schools?

- with Mike Anderson

24 December 2019 - 37 min

<https://nziwr.co.nz/psychological-capital-as-a-wellbeing-model-with-mike-anderson>

19 Strengths Based Resilience

- with Dr Tayyab Tashid

14 January 2020 - 37 min

<https://nziwr.co.nz/strengths-based-resilience-with-tayyab-rashid/>

22 Wellbeing in Education – How can we help schools coordinate and evaluate the work they are doing on wellbeing?

– with Professor Lea Waters

11 February 2020 - 46 min

<https://nziwr.co.nz/wellbeing-in-education-with-professor-lea-waters/>

25 Wellbeing Learning for Students and Parents: how can we help parents as well as students

- with Dr Ase Fagerlund

3 March 2020 - 34 min

<https://nziwr.co.nz/wellbeing-learning-for-students-and-parents-with-dr-ase-fagerlund/>

26 Leading Change for Wellbeing?

– with Dr Chris Jansen

10 March 2020 - 36 min

<https://nziwr.co.nz/leading-change-for-wellbeing-with-dr-chris-jansen/>

17 The Future of Pos Ed: Where has PodEd been and where are we going?

- with Matthew White

31 December 2019 - 34 min

<https://nziwr.co.nz/the-future-of-posed-with-matthew-white/>

20 Indigenous Wellbeing Model: How can we support wellbeing for Māori students and staff?

– with Wiremu Gray

21 January 2020 - 31 min

<https://nziwr.co.nz/indigenous-wellbeing-model-with-wiremu-gray/>

23 Teaching Health, An Essential Part of Whole-school Wellbeing: How can we use the Health Curriculum in schools to teach students about individual and collective wellbeing?

- with Dr Katie Fitzpatrick & Kat Wells

18 February 2020 - 35 min

<https://nziwr.co.nz/teaching-health-an-essential-part-of-whole-school-wellbeing-with-dr-katie-fitzpatrick-and-kat-wells/>

27 How can we look through a Cultural Lens to see our common humanity

- with Dr Tayyab Rashid

28 March 2020 - 30 min

<https://nziwr.co.nz/how-can-we-look-through-our-cultural-lens-and-see-our-common-humanity-with-dr-tayyab-rashid/>

18 Cultural Responsiveness – Why does paying attention to culture matter to wellbeing?

- with Dr Brenda Dobia

7 January 2020 - 29 min

<https://nziwr.co.nz/cultural-responsiveness-with-dr-brenda-dobia/>

21 How Coaching can Support Wellbeing: Why should we value and endorse a coaching culture in schools?

- with Clive Leach

28 January 2020 - 32 min

<https://nziwr.co.nz/how-coaching-can-support-wellbeing-with-clive-leach/>

24 Coaching Whole-school Wellbeing: Can coaching be about whole-system change as well as individual support?

- with Professor Christian van Nieuwerburgh

25 February 2020 - 43 min

<https://nziwr.co.nz/coaching-for-whole-school-wellbeing-with-professor-christian-van-nieuwerburgh/>