NZIWR Education Podcast Series One





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/

- Overcoming trauma to build wellbeing
 - with Tom Brunzell

18 July 2018 - 26 min https://nziwr.co.nz/from-trauma-to-wellbeing-with-tom-brunzell/

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

8 August 2018 - 23 min

https://nziwr.co.nz/how-mindfulness-improves-wellbeing-withgrant-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-

- 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-renair-harm/

- 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-

Moving from mental illness to mental fitness
- with Dr lo Mitchell

20 June 2018 - 26 min

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

- 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-drelaine-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

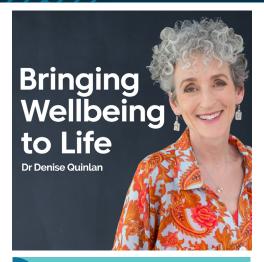
22 July 2018 - 26 min https://nziwr.co.nz/high-performance-with-john-quinn/

- **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/

NZIWR Education Podcast Series Two





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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/

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/

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/

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/

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-toschool-wellbeing-with-greg-jansen/

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

5 Exploring Different Wellbeing Models

- with Stephen Eames

8 October 2019 - 27 min https://nziwr.co.nz/exploring-different-wellbeingmodels-with-stephen-eames/

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

- with Dr Denise Quinlan

29 October 2019 - 26 mir

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

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

- with Clare Erasmus

19 November 2019 - 32 min

 $\underline{\text{https://nziwr.co.nz/school-wellbeing-on-a-budget-with-clare-}} \\ \underline{\text{erasmus/}}$

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/

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/

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-withstephen-eames/

9 The Mahi: Cultural responsiveness in schoolswith Nathan Riki

5 November 2019 - 34 min

https://nziwr.co.nz/the-mahi-culturalresponsiveness-in-schools-with-nathan-riki/

12 The battle against boredom in the classroom – with Mette Ledertoug &

– 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/

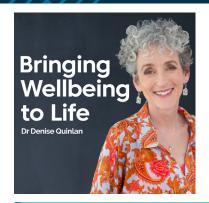
15 Wellbeing Learning to Fit Staff Time and Interest

- with Rhiannon McGee

17 December 2019 - 29 min https://nziwr.co.nz/wellbeing-learning-to-fit-staff-time-and-inter est-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-<u>wellbeing-model-with-mike-anderson</u>

19 Strengths Based Resilience - with Dr Tayyab Tashid

14 January 2020 - 37 min https://nziwr.co.nz/strengths-based-resilience-with-tayyab-rashid/

- 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/

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/

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-mathew-white/

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-mod-el-with-wiremu-gray/

- Teaching Health, An
 Essential Part of Wholeschool 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/

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/

- Cultural Responsiveness Why does paying attention to ulture 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/

- Coaching Whole-school
 Wellbeing: Can coaching
 be about whole-system
 change as well as
 individual support?
 - with Professor Christian van Niewerburgh

25 February 2020 - 43 min

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