



# Wellbeing and Resilience in the Staff Room

Flexible PLD to build wellbeing literacy  
and capacity in your school community



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

# Workshops For Educators

## 1. How to Lead Wellbeing at Work

**For:** A practical workshop equipping **senior leaders** to promote wellbeing and resilience confidently in themselves and others.

**Time:** Half-day [can be scheduled as one event or over 2-3 sessions]

**Overview:** Promoting wellbeing in the staffroom relies on effective leadership. In this engaging workshop for SLTs, our experienced presenters combine academic knowledge with personal insights and practical tips for professional application. This important session lays the foundation for establishing a positive organisational culture, championing psychological safety and high quality connections. Staff will leave feeling inspired, motivated and empowered to look after their own wellbeing, and support their teams.

## 2. Five Ways to Wellbeing at Work

**For:** This practical workshop is for **staff** to better understand how the Five Ways to Wellbeing can support and grow resilience at work.

**Time:** Half-day [can be scheduled as one event or over 2-3 sessions]

**Overview:** Research shows employee wellbeing and organisational success are inextricably linked. While we've known that for a while anecdotally, we now have the science to support it: People experiencing good wellbeing at work are more likely to be creative, more loyal, more productive and feel supported (New Economics Foundation, 2015). Thanks to new science from fields such as Positive Psychology and Neuroscience, we now also have a raft of evidence-based tools and techniques shown to boost employee and team wellbeing. This half-day course takes the woolliness out of wellbeing, providing research-supported (but always practical and engaging) insights to build personal and organisational wellbeing.



# Workshop Series for Staff

## A. Realtime Resilience: Thriving through uncertainty and change

We have curated these workshops for educators around content that senior leadership have told us respond to their staff's most pressing needs. Structured and sequenced into two distinct series — one introduces resilience, and the second focuses more tightly on managing stress.

This accessible learning series equips staff with the skills of resilience and practical tools to combat stress and support their performance at work.

**Time:** 4 x 1-hour Workshops  
[choose 4 workshops]

Delivered by our team of National Trainers, face-to-face and/or webinars.

### 1. The what, why and how of resilience

- What resilience is and is not
- Why resilience is important
- Practical tips and strategies you can put into practice to support your own resilience and wellbeing

### 2. Mental Agility: A core resilience competency

- Why psychological flexibility is vital for coping well in uncertain and changing times
- A practical strategy to put mental agility into daily workplace practice
- Why 'realistic optimism' is an important resilience tool

### 3. Avoiding thinking traps

- How our own thinking can get in the way of resilience
- Identifying thinking traps and when we fall into them
- Working with common thinking traps and their antidotes

### 4. Positive Emotions: Why they matter for resilience

- Understanding why positive emotions help us navigate tough times
- How these emotions help us recover from physical and mental distress
- Strategies to generate positive emotions at work and at home

### 5. Meaning & Purpose: Finding your why at work

- We can survive any 'what' if our 'why' is clear
- Understanding the links between meaning, motivation and resilience
- Making work meaningful by finding your 'why' at work

## B. Realtime Resilience: Personal tools to manage stress

This series provides critical tools for all staff to manage stress and burnout in themselves in their teams.

**Time:** 4 x 1-hour Workshops  
[choose 4 workshops]

Delivered by our team of National Trainers, face-to-face and/or webinars.

1. **Harnessing your mindset for growth and performance**
  - Why mindset influences learning, people management, and high performance
  - Recognising your fixed mindset triggers
  - Tools and tips to stay in the growth zone for effective performance and learning
2. **Overcoming self-sabotage - removing the handbrakes to high performance**
  - How perfectionism undermines creativity and performance and what you can do to overcome it
  - Strategies for overcoming perfectionism in yourself or others
  - How self-compassion drives superior performance
3. **Managing stress**
  - Understanding the difference between good stress and bad stress
  - Harnessing your stress: the stress mindset that boosts performance
  - Creating your Personal Stress Plan (PSP)
4. **Strategies for effective work relationships**
  - Communication hacks to defuse conflict and strengthen relationships
  - How active constructive conversations can transform relationships
  - Starting and finishing well - strategies for more effective meetings/projects
5. **Strategies to avoid burnout**
  - The difference between stress and burnout
  - Three dimensions of burnout
  - Personal strategies - protecting yourself and others

# Diploma of Positive Psychology & Wellbeing

A positive, life-changing experience.  
Commences 17 November 2021  
Christchurch, New Zealand

Delivered by NZIWR in partnership  
with the Langley Group Institute.



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## Take your career to the next level with a recognised qualification in the science of optimal performance and wellbeing.

Comprehensive coverage of important wellbeing topics such as strengths, resilience, optimism, creativity and excellence. The Diploma provides research-based practices applicable to a wide range of professional roles including coaching, leadership, organisational development, human resources, health and safety, healthcare and public policy.

Key benefits of this unique course:

- Flexible, self-paced learning completed within a year
- Comprehensive, university-level content tailored to the workplace
- Practical tools you can apply for immediate results
- Powerful personal development activities and coaching

“The training was incredible. It has given me such a strong foundation on which now to complete the assessments and continue my learning throughout the year. The course is engaging and so relevant to my life and profession.”

CAROLINE BLACK, WELLBEING LEAD, EDUCATION



## Expert facilitator

Dr Denise Quinlan is acknowledged internationally as an outstanding facilitator and speaker who has inspired and supported hundreds of Diploma students on this personal and professional learning journey.

Equally at home with senior corporate executives, scientists, engineers, and marginalised groups, her humour and honesty allow her to create environments

where participants can fully engage and contribute.

Denise translates complex research into usable, practical strategies, whilst always staying true to the science.

“The best professional development I have done. I absolutely loved every minute! I found my tribe and know my passion is on the right path. Thank you so much!!!”

NATALIE FRASER, MENTAL SKILLS COACH AND ATHLETE LIFE ADVISOR

For more information or to register, email [sally@nziwr.co.nz](mailto:sally@nziwr.co.nz)

## About NZIWR

Our mission at NZIWR is to increase wellbeing in organisations and communities. We do this by taking the science off the page to bring wellbeing to life. Our evidence-based tools are easy to implement and fun to learn. With decades of research and experience between us, we know what works and what doesn't.

Founders Dr Lucy Hone and Dr Denise Quinlan are recognised globally for their huge knowledge and experience in the field of wellbeing and resilience science. They have built a team that brings together global skills and expertise in strengths psychology, coaching, clinical practice, measurement, and organisational psychology.

We look forward to the opportunity to talk with you about how we can help you and your organisation flourish.



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**FOR MORE INFORMATION**

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