

Wellbeing for the School Staffroom

Bringing you the best of wellbeing science and resilience research to life, with practical tools.



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

About Us

Evidence: our work is science-based and all our trainers are qualified in wellbeing science to at least diploma level, many of them masters and PhD.

Experience: we've worked with hundreds of learning centres in Aotearoa New Zealand, and reached hundreds more educators through overseas training and conferences.

Context: our extensive experience gives us a deep appreciation of the vital importance of culture and context in enabling meaningful and sustained change.

Award-winning: in 2021 our work was acknowledged internationally for its outstanding contribution and global impact by the International Positive Psychology Association's Education Division.

Staff

Wellbeing

Workshops

In our highly interactive and engaging workshops, staff learn practical tools to build resilience and combat stress. From one hour to a half day, virtually or face-to-face.

Whole-school

Wellbeing

Training



A year-long programme created by NZIWR and facilitated by accredited trainers from CORE Education, suitable for regionally-allocated PLD funding.

Find out more here:
www.nziwr.co.nz/education

Email: sally@nziwr.co.nz



Short PLD You Can Run Yourself

Bite Size Learning



Designed for Wellbeing Lead teachers to run short professional learning sessions with staff, each episode includes a 15 min video with Dr Lucy Hone, Dr Denise Quinlan and educators / psychologists experienced in working with staff and students on wellbeing, plus a downloadable guide for Wellbeing Leads and a teacher activity handout.

Topics include: Managing Anxiety, Strengths, Gratitude, Choosing a Wellbeing Model, Growth Mindset, Mental Fitness.

Self-paced online courses

Making the Case for Wellbeing is a short, accessible three-part course exploring what wellbeing in education is, why there is such a pressing need for it today, and examples of how wellbeing is being promoted and protected in a range of different school communities.

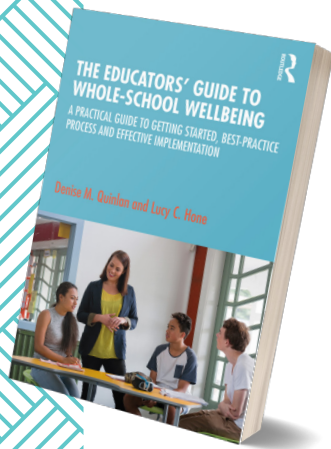
Navigating Wellbeing Change is the course schools have been asking us for years! Designed to guide educators step-by-step through the processes of building whole system change. This eight-part self-paced video course provides Wellbeing Leads the best-practice, and tools to gather information, build buy-in, create a team, prioritise action and evaluate results confidently to lead this process for their school community.

Balancing research and practice for each topic, both courses include short videos from Drs Hone and Quinlan sharing the best of science, including downloadable summaries of the key points and PDF presentations. These courses give anyone interested in promoting wellbeing in education, access to best-practice guidance from around the world, in a user-friendly format, designed with busy educators in mind. We've done the heavy lifting for you to get you started!

“ This is ground-breaking work for those of us at the chalk face confronting issues of wellbeing in our daily work as a matter of course.

Robin Sutton, Principal, Hornby High School

The Educators' Guide to Whole-school Wellbeing:



A Practical Guide to Getting Started, Best-practice, Process and Effective Implementation
(Quinlan & Hone, 2020)

Schools understand the need to promote and protect wellbeing, but often find themselves stuck, not knowing where to start. Who's going to run the programme? Do we need a curriculum? Which is the best wellbeing model for our school? How will we fit in the required professional learning on top of everything else we already do? How do we get students involved?

Get best-practice guidance from around the world in a user-friendly format, designed with busy educators in mind.

“One of the best books I've read in the field of positive psychology – in my top 5 (out of hundreds) – Nothing less than a masterclass on application and implementation science of wellbeing in education.

Professor, Aaron Jarden, University of Melbourne.



Free podcasts on a wide range of wellbeing in education topics

Try these **Bringing Wellbeing to Life** podcasts these to get started

- **Building Whole-school Wellbeing** with Dr Lucy Hone & Dr Denise Quinlan
- **The First Three Years of a Wellbeing Agenda** with Sonya Papps, Taipei European School
- **Lessons from a Decade of Wellbeing Work** with David Kolpak, St Peter's School, Adelaide

Available on our website or search for Bringing Wellbeing to Life on any podcast platform.

Diploma of Positive Psychology & Wellbeing

10653NAT

Deepen your learning with this Diploma which comprehensively covers important wellbeing topics such as strengths, resilience, optimism, creativity and excellence.

Delivered by NZIWR in partnership with Langley Group Institute.



“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

“I use every part of what I have learnt not only in my professional life but also in my personal life.

Wellbeing Lead at
NZ Secondary School.

FOR MORE INFORMATION

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