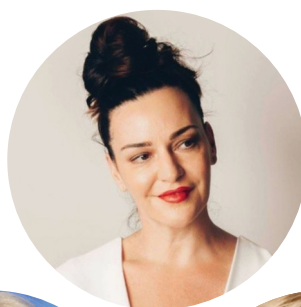




Critical Tools for Measuring and Teaching Staff and Student Wellbeing & Implementing, Teaching and Measuring Whole School Wellbeing



Speakers | Dr. Lucy Hone | Dr. Denise Quinlan | Nikki Bonus | Michelle Demirel
Andrew Doyle | Jo-Ann Osborne | Allyssa Nelson

Master Classes

- Using technology to know, value and care for every student (Taught by Nikki Bonus and Michelle Demirel)
- Building the case for your whole school wellbeing program (Taught by Andrew Doyle)
- Managing staff wellbeing during remote learning (Taught by Nikki Bonus)
- Navigating Wellbeing Change: Building Whole-School Wellbeing (Dr Denise Quinlan)
- Using Technology to measure and teach whole school wellbeing, giving everyone a voice (Nikki Bonus, Jo-Ann Osborne and Allyssa Nelson)
- Leading Through Disruption and Uncertainty (with Nikki Bonus)



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Contents

- 02 • **Introduction**
- 03 • **Goals, Objectives and Why**
- 04 • **Keynote Speaker**
(Dr.Lucy Hone)
- 05 • **Building the case for your whole school wellbeing program**
(with Nikki Bonus and Michelle Demirel)
- 07 • **Building the case for your whole school wellbeing program**
(taught by Andrew Doyle)
- 08 • **Managing staff wellbeing during remote learning**
(taught by Nikki Bonus)
- 09 • **Our Conference**
- 10 • **Implementing, Teaching and Measuring Whole School Wellbeing Conference**
- 11 • **Keynote Speaker**
(Dr.Denise Quinlan)
- 12 • **Using Technology to measure and teach whole school wellbeing, giving everyone a voice**
(Nikki Bonus, Jo-Ann Osborne and Allyssa Nelson)
- 13 • **Leading Through Disruption and Uncertainty**
(with Nikki Bonus)

“

Excellent presentation, all speakers were very inspirational. I feel more confidence in reviewing our current wellbeing approach at school, having a clearer understanding of how wellbeing as a whole school approach should aim to look like.

”

Martyna Macarthur | Burrumbuttock Public School

Introduction

This document is intended to provide an overview of the contents presented in the September conference, 'Critical Tools for Measuring and Teaching Staff and Student Wellbeing'.

Life Skills Group had the privilege of working with leading educators from across Australia and New Zealand, alongside our esteemed guest Dr. Lucy Hone, to share and discuss critical actions to help better address student and staff wellbeing needs. This booklet has collated the information and key take-aways from the conference to provide a snapshot of the strategies and tips from experts and a community of dedicated educators on Whole School Wellbeing.

To support communities through turbulent times, we will offer a new conference event on Tuesday 19th October, focused on 'Implementing, Teaching and Measuring Whole-School Wellbeing.'

if you would like to find out more please head to

[Implementing, Teaching and Measuring Whole-School Wellbeing](#)



Critical Tools for Measuring and Teaching Staff and Student Wellbeing

Conference September 2021

Goals and Objectives



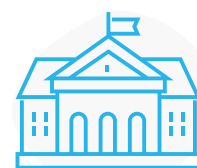
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**Provide
Solutions**



2

**Open
Discussion**



3

**Meet Student &
Teacher Needs**



Why?

To meet the needs of teachers searching for measurable tools for their whole school wellbeing needs.



Thanks so much for such an authentic presentation.
I'll be doing those activities with my online
wellbeing check in with children



Rachael Sketcher | Knox Park Primary School

Keynote Speaker

Dr. Lucy Hone



Lucy Hone, Ph. D., is an adjunct senior fellow at the University of Canterbury (NZ) and author of *Resilient Grieving: Finding Strength and Embracing Life After a Loss that Changes Everything* and the TED talk *3 Secrets of Resilient People*, one of the Top 20 TED talks of 2020. She also co wrote 'The Educators' Guide to Whole-school Wellbeing'. This book guides educators through processes that help create individualised, contextualised school wellbeing plans.

Key points from the presentation:

- Teaching wellbeing literacy eg. positivity vs. pessimism, self determination theory and goal planning
- What is wellbeing and How to implement Wellbeing in learning environments
- Wellbeing is 'taught' and 'caught'- every interaction, everyday leads to wholeschool wellbeing
- Wellbeing Frameworks- PERMA, 5 Ways to Wellbeing and Flourish
- Building Whole School Wellbeing from identify through to reflect, review and reiterate

Resources:

- [Psychological skills that build wellbeing literacy - chart](#)
- [Five ways to wellbeing - wellbeing program](#)
- [Three carriage train - video](#)
- [Elephant in the staff room - book Teaching wellbeing increases academic performance: evidence from Bhutan, Mexico, Peru - research paper](#)



[Watch the 3 minutes summary](#)



[Watch the replay](#)



[View slides](#)





Nikki Bonus

Life Skills Group founder and CEO



Introduction

Nikki Bonus is an experienced edtech founder and CEO of Life Skills Group, harnessing more than 20 years of deeply personal and professional experience in the development and delivery of social-emotional literacy programs for individuals, organisations and most importantly, teachers and students. Nikki's work has helped give voice to more than 850 schools, connecting with 20,000 teachers and 500,000 primary school children to build a continuing evidence base of what works to measure, report and implement real improvements in Social Emotional and Physical Literacy for school communities.

She was one of a 100 CEOs that was invited to participate in the Google - Engage - Search Inside Yourself leadership program, San Francisco, training her to deliver Transformational Professional Development experiences backed by world experts in neuroscience, leadership, mindfulness and emotional intelligence.

Nikki's intrinsic motivation is to show that no matter where you were born, no matter what family you were born into, anything is possible with the right education.

Using technology to known, value
and care for every student with

Nikki Bonus and Michelle Demirel



Michelle is a long time and passionate classroom teacher and dedicated Deputy Principal/Instructional Leader. Michelle is committed to supporting all of my staff to reflect upon and improve their practice in order to improve student outcomes. As an accredited Lead Teacher I support and guide beginning teachers and aspiring HALTs. I am passionate about student and staff wellbeing and participate in as much professional learning as I can to support my understanding of current and best practices in social and emotional learning to implement and nurture initiatives across my school.

Key Takeaways Included:

- 4 S's of attachment Dr. Dan Siegel Seen, Soothes, Safe and Secure
- Why is technology so beneficial in a school environment?
To measure, teach and report on student wellbeing
- How to bring teachers onboard whole school wellbeing
- External Validation, did this facilitate your attainment of the SEF?
Requires a platform that fits into the framework and is evidence based



[Watch the replay](https://youtu.be/DszECb34bOc)



[View slides](#)



Masterclass - Building the case for your whole school wellbeing program

taught by **Andrew Doyle**



Andrew Doyle has worked with the Department of Education for the last 28 years. His interest in wellbeing started when he started teaching at Lurnea Public School where he became an Assistant Principal that was responsible for student wellbeing. He later accepted a promotion to Deputy Principal at Gymea Bay, and then became Principal at Illawong Public School and Marten Public School.

As a Sydney East PSSA Life Member and former President of Sutherland PPC, Andrew has worked hard to make a difference in the lives of all students, despite competing priorities as a leader. He dedicated his time with the Department of Education in helping students, no matter their background, to strive to achieve their best. In taking a leave of absence from the Department of Education earlier this year, Andrew has worked in a consultancy and advisory role with Life Skills Group with the aim to assist as many students as possible across the country.

Key Takeaways Included:

- Proactive systems approach, plan and be consistent
- Identify Blockers including, leaders, costing, time, reluctance to change, lack of interest, lack of research and data, resources and curriculum alignment
- Potential Model for Whole School Wellbeing - Understanding school needs, cost resources, research, goals, technology and syllabus requirements
- Teacher and Leadership Team Preparation to action



[Watch the replay](https://youtu.be/DszECb34bOc)



[View slides](#)



Masterclass - Managing staff wellbeing during remote learning

taught by **Nikki Bonus**



Key Takeaways Included:

- People remember how you make them feel
- Train yourself to notice when your attention is wandering and move attention back to the present
- Meaningful conversations are created through asking clarifying questions and refraining from 'I' statements
- Recognise when you are 'reacting' and develop healthier strategies to replace your natural stress responses



[View Slides](#)

“

Love the passion for well being presented from all your points of view. It inspired me to keep going when the wall was starting to feel too high!

”

Rachael Sketcher | Knox Park Primary School

Next steps to whole school wellbeing

Conference on Implementing, teaching and measuring whole school wellbeing

Join us for a morning of inspiration, connection and critical tools, tips and insights for managing your personal wellbeing, school wellbeing programs and key leadership stakeholders as you bring them on the journey to full school wellbeing implementation. Our conference, 'Implementing, teaching and measuring whole school wellbeing' will be held Tuesday, 19th October.

With Keynote Speaker: Dr. Denise Quinlan, Founding Director of the New Zealand Institute of Wellbeing & Resilience and the co-author of The Educators' Guide to Whole-school Wellbeing, published internationally in 2020.

Masterclass:

- Masterclass: Using Technology to measure and teach whole school wellbeing, giving everyone a voice with Nikki Bonus, Jo Osbourne and Jammie Whitfield
- Masterclass: Leading through disruption and uncertainty with Nikki Bonus

Professional Development

Life Skills Group Professional Development programs provide practical and interactive training that enables educators to create focused, harmonious and positive learning environments. These sessions will be delivered live via Zoom by CEO and expert presenter Nikki Bonus.

Prioritise Wellbeing With Professional Development



SPECIAL OFFER

Purchase Life Skills GO for 2022, and receive Life Skills GO for Term 4 FREE!


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09

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[Implementing, Teaching and Measuring] **Whole-School Wellbeing**

Conference October 2021



Speakers | Dr. Denise Quinlan | Nikki Bonus
Jo-Ann Osborne | Allyssa Nelson

Master Classes

- Using Technology to measure and teach whole school wellbeing, giving everyone a voice (Nikki Bonus, Jo-Ann Osborne and Allyssa Nelson)
- Leading Through Disruption and Uncertainty (Taught by Nikki Bonus)



Keynote Speaker

Dr. Denise Quinlan



Navigate Wellbeing Change: Building Whole School Wellbeing

Dr. Denise Quinlan is a founding director of the New Zealand Institute of Wellbeing & Resilience, an adjunct fellow at University of Canterbury, and a published academic researcher.

Trained in wellbeing science at the University of Pennsylvania by the world's leading thinkers and researchers, she went on to attain her PhD in psychological wellbeing from the University of Otago. An Adjunct Professor at one of Europe's leading business schools and facilitator of the only accredited Diploma in Wellbeing Science in Australia and NZ, she has taught global business leaders and educators around the world how use wellbeing science for peak performance and wellbeing.

Key Takeaways Included:

- Wellbeing changes over time – it cannot be done quickly, there is no manual, no one size fits all and everybody starts from a different place.
- Run your wellbeing plan as an interactive cyclical process.
Year one of your Wellbeing Framework – build ownership and enthusiasm.
- Learn it – live it – teach it – embed it: Choosing a Wellbeing Framework (PERMA, The Educational Wheel, Five ways to wellbeing, Flourish).
- Weather Report vs. Surveys - continuous measurement and reporting is the most effective way to respond to student needs.



[Positive Education - book](#)



[Watch the 3 minutes summary](#)



Using Technology to measure and teach whole school wellbeing giving everyone a voice

Nikki Bonus, Jo-Ann Osborne
& Allyssa Nelson



Key Takeaways Included:

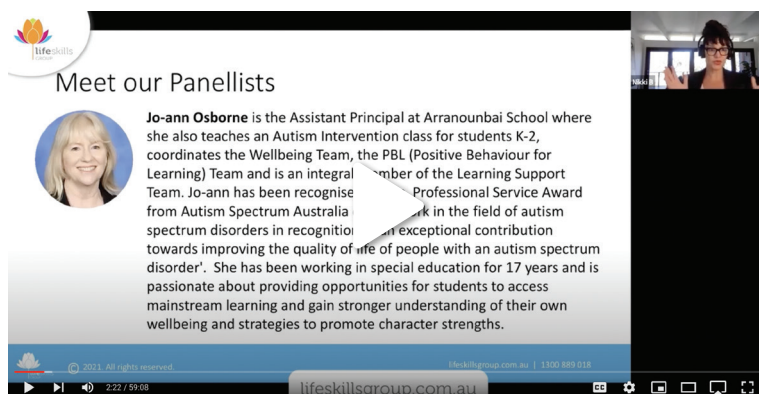
- Priorities have been shifting since lockdown and the focus is on creating a community with common language.
- Teaching KLAs and training staff in wellbeing is critical.
- Transitioning back into schools involves relearning the school structure.
- Life Skills GO can be used to develop emotional literacy and track progress continuously.
- Take a slow and holistic approaches to whole school wellbeing.



[Watch the replay](#)



[View slides](#)



Leading Through Disruption and Uncertainty

with **Nikki Bonus**



Key Takeaways Included:

- Generous listening and regulating emotion are key skills.
- Practicing wellbeing skills rewires the neuropathways in the brain to utilise those skills in future situations.
- What are emotions? Emotions are biologically based reactions to important events (Levensons, 1994).
- Breathe, observe the body, name it to tame it, consider the other person, think through consequences.
- Focusing attention involves recognising when you are distracted reorienting your attention and sustaining that attention.



Prioritise Wellbeing with Professional Development

For teachers, principals and school leadership teams

[Find out more](#)



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