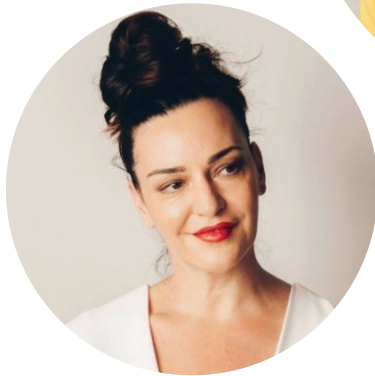




# Critical Tools for Measuring and Teaching Staff and Student Wellbeing

Conference September 2021



**Speakers** | Dr. Lucy Hone | Nikki Bonus | Michelle Demirel | Andrew Doyle

## Master Classes

- Using technology to know, value and care for every student (Taught by Nikki Bonus and Michelle Demerial)
- Building the case for your whole school wellbeing program (Taught by Andrew Doyle)
- Managing staff wellbeing during remote learning (Taught by Nikki Bonus)



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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



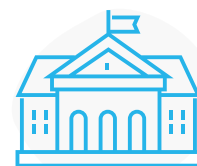
1

**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 know, 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:

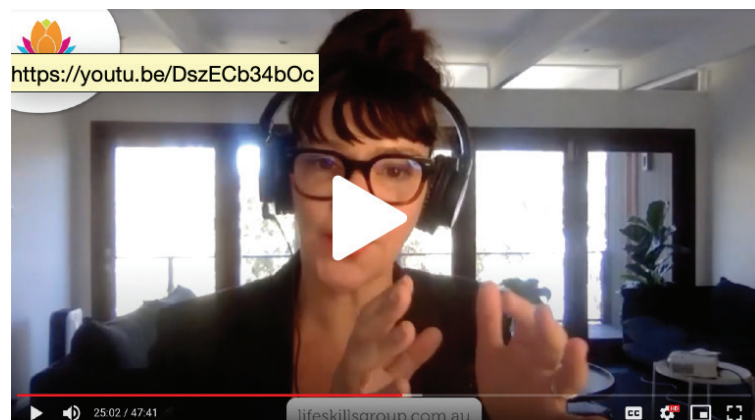
- 4 S's of attachment Dr. Dan Siegel Seen, Soothes, Safe and Secure
- Why is technology so beneficial in a school environment?  
To measure, teach and report on student wellbeing
- How to bring teachers onboard whole school wellbeing
- External Validation, did this facilitate your attainment of the SEF?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



[Watch the replay](#)



[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:

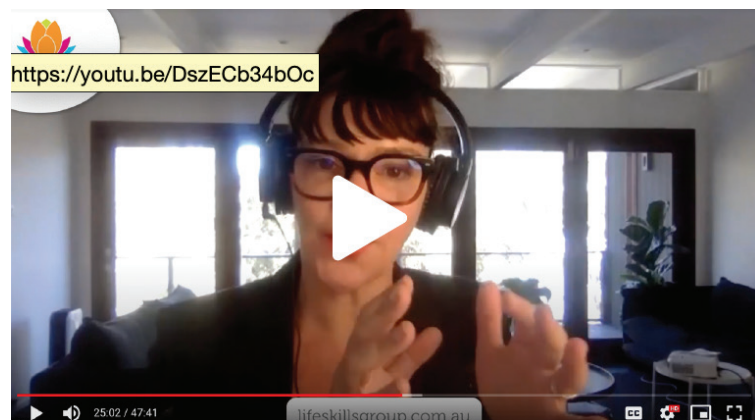
- Proactive systems approach, plan and be consistent
- Identify Blockers including, leaders, costing, time, reluctance to change, lack of interest, lack of research and data, resources and curriculum alignment
- Potential Model for Whole School Wellbeing - Understanding school needs, cost resources,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



[Watch the replay](#)



[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 next 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

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