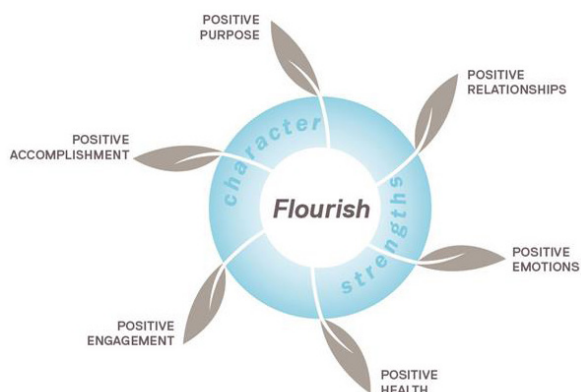


## Positive Education



There have been a number of recent national and international papers delivered on the topic of Positive Education. Consequently, some aspects of this will be incorporated into our 2017 seminars. A number of prominent schools around Australia have made great strides in this area and have developed a number of strategies to assist kids.

### **Positive Education is a recently developed paradigm that refers to the application of positive psychology in educational contexts.**

It is seen as traditional education focused on academic skill development but complemented by approaches that nurture wellbeing and promote good mental health. In addition, the significant and transformative contribution that best-practice teaching and educational theories bring to the process of applying principles of positive psychology in educational contexts should also be acknowledged.

### **Positive psychology in the school setting involves six broad areas:**

- Positive emotion
- Positive accomplishment
- Positive relationships
- Positive engagement
- Positive purpose
- Positive health

Norrish, J. M., Williams, P., O'Connor, M., & Robinson, J. (2013). An applied framework for positive education. *International Journal of Wellbeing*

I recently did a seminar for Ashdale Secondary College in WA on this topic. Any schools wanting such a seminar can contact me by email or phone. There is no doubt that our young people are suffering on a number of fronts - particularly with respect to mental health - so Positive Education is quite critical at the moment for healthy students, teachers and schools. My seminars in 2017 will all have some time devoted to this topic incorporating how resilience can be delivered to our kids in a fragile world.