

# APRIL NEWSLETTER

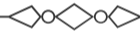
## Meeting Martin Seligman!



[www.growingstrongminds.com](http://www.growingstrongminds.com)

Very exciting to meet the founder of Positive Psychology and Positive Education Professor Martin Seligman at the [Positive Education Schools Association Conference \(PESA\)](#) hosted by Geelong Grammar School in Victoria. Growing Strong Minds had an exhibitors stand and met lots of amazing like minded Pos Ed people!

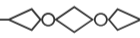
I also attended the conference and was inspired to hear from world leaders in the field. Dr Tony Fernando from the University of Auckland spoke about the beneficial physiological changes that occur in the body when we shift from feeling empathy to compassion. He also discussed the benefits of mindfulness. He stated that we ask students to concentrate harder and pay more attention yet don't teach them how. The answer is mindfulness, it calms the nervous system and teaches concentration, it "supports learning". Dr Fernando commented on how mindfulness also increases connectedness with others and ourselves. He stated that children have a disconnect from their inner selves. They are exposed to so many different ways of being - different identities, that they aren't sure who to be and change constantly depending on the situation. Mindfulness meditation gives time and space away from our busy lives to just be and learn who we are and who those are around us.



**NSW  
EDUCATION  
STANDARDS  
AUTHORITY**

### NESA Approval

We are proud to announce that our Strong Minds: Character Strength Wellbeing Workshop will contribute 1 hour and 30 minutes of NESA Registered PD addressing 4.4.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



### BOOK YOUR STAFF PD NOW!

Invest in your most valued asset - your staff. Our Strong Minds wellbeing packages not only enhance individual staff wellbeing but also builds relationships amongst staff. Book your 1.5 hr staff workshop now.

Strong Minds follows the GGS Applied Model for Positive Education Framework - Learn It, Live It, Teach It, Embed It (Norrish, Williams, O'Connor & Robinson, 2013). Firstly enhancing staff wellbeing, then focusing on student wellbeing, and finally ingraining this within the school culture.

[Learn More >>](#)

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Warmest wishes,  
Nicole and the team at  
Growing Strong Minds

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