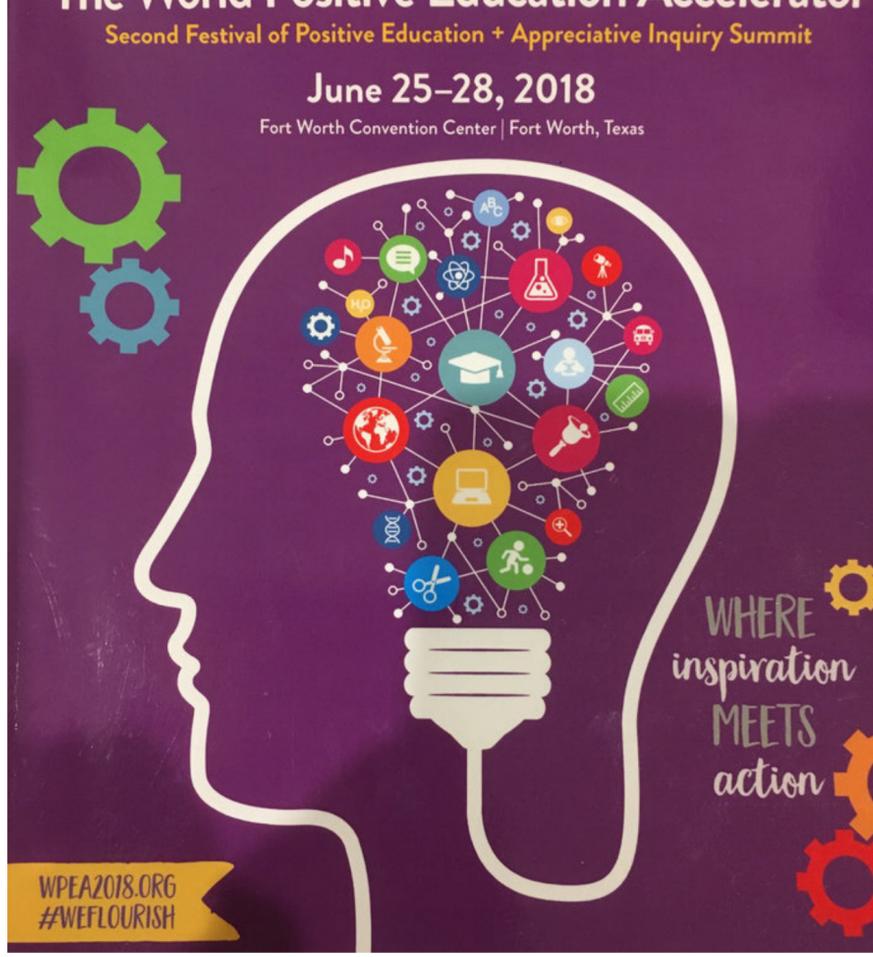


JULY NEWSLETTER

Wellbeing News from Texas - Part One!



www.growingstrongminds.com

I recently had the wonderful opportunity to attend The World Positive Education Accelerator Conference last month in Texas. It was the first of its kind - a 4 day conference combining the International Positive Education Network's (IPEN's) Festival of Positive Education with David Cooperrider's Appreciative Inquiry Methodology. This involved over 1000 participants engaged in a strength-based design-and-build process for positive education.

There were interesting presentations from many world leaders including TecMilenio University. A Mexican university with 30 campuses. It is the first 'Positive University' in the world. TecMilenio's vision is: "To prepare people with a purpose in life and the competencies to achieve it." TecMilenio has implemented an Ecosystem of Well-being and Happiness, depicted in the graphic below - it has seven core elements (building on Seligman's PERMA model) with 24 character strengths underpinning these.



Professor Laurie Santos spoke about the Psychology and the Good Life course she designed and taught at Yale University - the most popular course in the history of Yale. 1200 students enrolled - one quarter of the university population! Students referred to it as #hardestclassatyale, not because the content was difficult, but because implementing behavioural change required for wellbeing is challenging. This course is now available online through [Coursera](https://www.coursera.org/course/goodlife).

Dr Angela Duckworth stated in her keynote address that 'character is more important than grit.' Dr Duckworth is famous for her work on 'grit' - passion and perseverance for long term goals and self-control. Both of these are powerful predictors of academic success and wellbeing. Dr Duckworth commented that ones character strengths are what make you 'especially awesome!' She divided Peterson and Seligman's (2004) 24 character strengths into 3 easy to digest categories:

1. Strengths of the heart - those which help us to give and receive from others. **These she stated are the most important strengths for children to develop.**
2. Strengths of the mind - those which help us to think, imagine and create
3. Strengths of will - those which help us to achieve our goals

Dr Duckworth stated that ones school motto should embody all three of these strength groups.

Stay tuned for more interesting information from Texas in my following Newsletters...

PESA NSW POSITIVE EDUCATION FORUM

If you are near the Cessnock area don't miss out on attending this positive education professional learning forum full of practical, ready to use ideas.

When: 14 August, 5.00pm – 7.00pm

Where: Mount View High School, 106 Mount View Rd, Cessnock NSW 2325



[More Info](#)



MINDFULNESS TRAINING FOR PRINCIPALS SPECIAL OFFER

Jean Watson and Mindfulness Matters Australia are one of the leading mindfulness providers in Australia. Their Mindfulness Compassion and Wellbeing Training 2 day course is specially designed for school leaders such as School Principals and Vice- Principals who are beginners and would like to have a good understanding of the 8 week mindfulness program for themselves and the school.

At present they are offering half price for school leaders husband, wife, partner or school colleague - so they can support each other in developing personal practice. Alternatively they can attend on their own and a buddy system will be arranged.

[More Info](#)



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Warmest wishes,
Nicole and the team at
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