



Empowering educators, children and parents to thrive

Wellbeing Enablers for your school



Over many years I have learnt from world experts in Positive Psychology – the science of wellbeing. What is clear from the science is that there are several wellbeing enablers required to have a sustained wellbeing culture in a school

1. Strength Mindset

A strength based approach is crucial. Martin Seligman arguably the founder of Positive Psychology stipulates that character strengths are the 'backbone' to flourishing. They impact all parts of wellbeing.

2. Strategic approach

Wellbeing should be approached as other parts of the syllabus are. They are planned and strategic. You don't just decide one day to teach a bit of spelling

and have a guess at how best to do this. You work based on evidence, proven pedagogy. You adhere to a scope and sequence. The same is required for wellbeing. By this I am not only referring to wellbeing lessons but the wellbeing approach you take in your school. Does your behaviour response have a strength focus? Do your three way conversations? Are you addressing all parts of wellbeing? An annual fun day or staff morning tea are nice but are they evidence based and strategic?

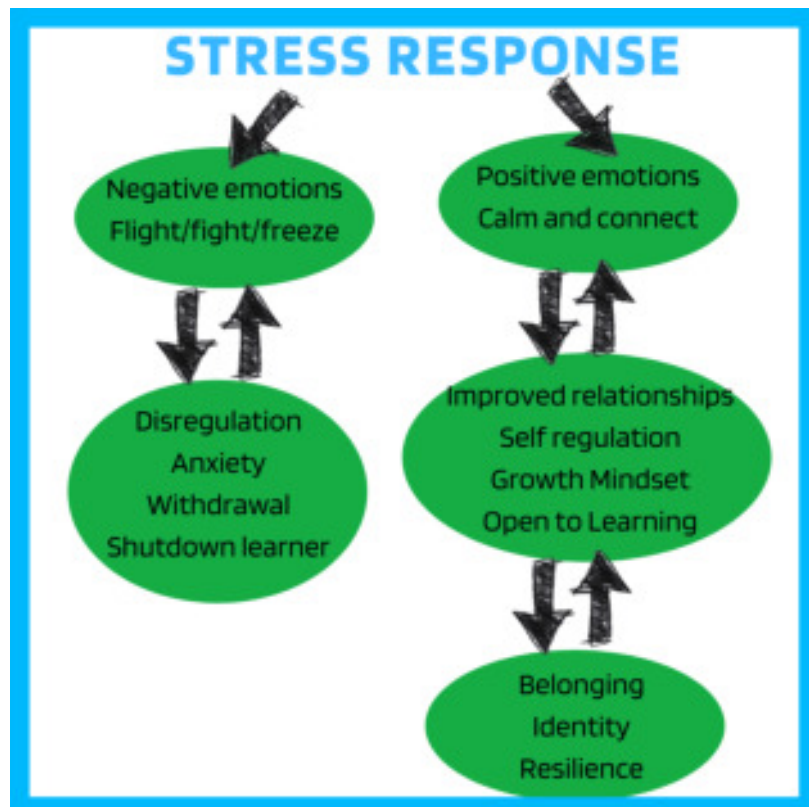
3. Prioritise staff wellbeing.

There has never been a more crucial time for this. And whilst conditions may not be optimal – staff shortages, underpay, excessive demands etc. we must search for the things that we have control over and can influence to boost wellbeing. Again this needs to be evidence based and strategic.

Additionally, when staff role model wellbeing practises they are more likely to teach them authentically. This then becomes part of the schools DNA.

[Strong Minds](#) is a strength based approach. It is based on science and strategically implemented with the initial one year focus on staff wellbeing.

Free Webinar: Enhancing the Wellbeing Culture in Your Primary School



Learn how a strength based approach such as [Strong Minds](#) switches our brain from The Stress Response into Calm and Connect. Understand how to build wellbeing literacy and a wellbeing culture based on the science.

BOOK WEBINAR

One Year Staff Wellbeing Plan



In response to COVID we have increased our one term staff wellbeing focus of Strong Minds to ONE YEAR!!!

If you are a current Strong Minds school please get in touch as you are eligible for FREE support - 6 mentoring sessions across the year in 2022.

BOOK FREE STAFF WELLBEING

Book Strong Minds for 2022



Don't miss out book 2 staff/school for 2022, they can then train the rest of your team. Strong Minds dates:

1ST DECEMBER 2021

16th FEBRUARY 2022

4th MAY 2022

27th JULY 2022

19th OCTOBER 2022

[LEARN MORE](#)

[BOOK NOW](#)

Warmest wishes

Nicole and the team at Growing Strong Minds

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