

STRONG MINDS



PIONEERS IN POSITIVE PSYCHOLOGY

www.growingstrongminds.com

STRONG MINDS

Strong Minds is an **evidence-based whole school strengths-based APPROACH** specialising in fostering a culture of wellbeing.

Strong Minds works with the 24 scientifically validated VIA character strengths. These strengths were identified through 3 years of research involving 55 scientists. They concluded that these 24 strengths are valued across culture, religion and gender.

Research indicates that when we know and apply our strengths our wellbeing improves.

THE BENEFITS OF STRONG MINDS

Employing a **strengths-based approach** like Strong Minds is 1 of the 5 propositions in the **PDHPE syllabus**.

Staff need a wellbeing boost! We start with the staff – teaching them how to benefit from identifying and developing their own strengths.

Strength Based Parenting reduces stress for children - our parent members portal gives parents tools to enhance wellbeing.

Strong Minds includes **fully scripted and resourced lessons across K-6**.

A culture of **wellbeing** needs to be **sustained**. Our school members portal provides training for new staff.

PBL or a wellbeing PROGRAM is not enough. A strength-based **APPROACH** is also required to build a foundation for wellbeing. This creates an **inclusive culture, where everyone is known, valued and cared for**.

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STRONG MINDS DATES

2 staff/school

4th May 2022

27th July 2022

19th October 2022

16th February 2023

NICOLE NOSSITER - DIRECTOR,
FOUNDER BIO

Nicole is a registered psychologist, former primary school teacher and founder of Growing Strong Minds. Nicole is passionate about combining her two careers in a Positive Education context, to promote wellbeing and resilience for Primary School communities.



BOOK NOW,

LIMITED NUMBERS

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LEARN IT

1. Staff Education

- 2 staff attend a 5-hour workshop
- All staff attend a 2-hour workshop

2. Parent/Carer Involvement

- A comprehensive Parent Members Portal
- Strength Based Parenting videos that schools could present in a 1 hour parent information session



TEACH IT

4. Student Wellbeing: The Manual

- 56 lessons across K-6
- PDHPE and English Outcomes
- Circle Pedagogy
- Extension activities
- Reading lists
- 2 Scope and Sequences
- Relaxation activities for each stage

5. Extensive Resources

- 4 sets of character strength charts, posters, cards and staff resources



LIVE IT

3. Staff and Family Wellbeing

- A one year Staff Wellbeing Plan
- 4 mentoring sessions
- Staff Talk Cards
- Staff character strength tree and posters
- Strength Language Guides for families and staff
- 24 strength handouts for parents



EMBED IT

6. Embedding Whole School Wellbeing

- Suggestions for enhancing wellbeing in all areas of the school
- Shared Strength Language to improve wellbeing literacy
- Priming the environment for wellbeing with character strength resources
- Staff Members Portal to train new staff
- Email and Zoom support

STRONG MINDS \$4500 includes:

STRONG MINDS AMBASSADOR WORKSHOP 5 Hours, 2 Staff/School

In this engaging and interactive workshop staff will not only learn how character strengths are integral to our wellbeing, but will also explore: the GROW Coaching Model and Seligman's (2011) PERMA-H Theory of wellbeing.

The implementation of the complete Strong Minds Approach is explained. This includes the staff Strong Minds Character Strength Workshop, staff wellbeing plan, student component and embedding resources.

STRONG MINDS CHARACTER STRENGTH WORKSHOP 2 Hour Workshop, All Staff

Delivered to all staff by the Ambassadors who attended the previous training.

This is provided in an engaging and easy to administer format, consisting of a video and 6 activities.

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