

2019 Conference

Friday, 16th August 2019



SAWLIS

**South Australian
Wellbeing Leaders in
Schools
(Association Inc.)**

*Supporting lifelong wellbeing
within our school communities.*

In partnership with:



SAWLIS Annual General Meeting will be held during lunch from 1-1.30pm.

President:

Philip Bloffwitch, Elizabeth North PS
philip.bloffwitch671@schools.sa.edu.au

To register, contact SAWLIS

Treasurer:

Carol Buesnel
buesnelca@hotmail.com

The limits of my language are the limits of my mind – all I know is what I have words for.

Ludwig Wittgenstein

Exploring Wellbeing Literacy

Positive Education is an approach that blends academic learning with intentional strategies to build character & wellbeing. Preparing students with life skills such as optimism, resilience, growth mindset & mindfulness, positive education is based on the science of wellbeing and happiness, with the goal to improve psychological strength and resilience.

This full day workshop introduces frameworks & theories from positive psychology that can be adopted by schools to support wellbeing of staff & students. You will explore language to describe specific elements of wellbeing, & strategies to build & sustain it in education contexts:

- Wellbeing frameworks to understand positive psychology in education
- Character strengths (self/others). Apply strengths literacy in education.
- Mindfulness strategies for educators and students
- Positive emotions and links to neuroscience and performance
- Application of gratitude practices in personal and educational contexts

The session will be facilitated by **Danny Slater** and **Judy Hilton** from TAFE SA. Danny and Judy are career educators with qualifications in positive education and positive psychology, who deliver training in this field across South Australia to schools, community services organisations, local and state government departments and corporate clients. All training materials will be supplied.

8.15am	Registration and networking	12.30pm	Lunch
8.45am	Welcome: SAWLIS President	1.30pm	Session 3
9.00am	Session 1	3.00pm	Close. Networking get-together at the venue
10.30am	Morning tea		
10.50am	Session 2:		

Venue: Lakes Resort, Brebner Drive, West Lakes - 8356 4444
Accommodation discount available: quote 'SAWLIS conference'.
Certificate of attendance: available on conference day.

Financial support for travel (up to \$100): available for country SAWLIS members on application via the SAWLIS secretary.

2019 Conference

Registration



REGISTRATIONS DUE BY Friday, 9th August, 2019

YOUR DETAILS

School/Site: _____

Name: _____

Email: _____

A return email will be sent to confirm your booking. Collect your receipt at the conference.

Morning Tea and lunch are included in the cost of the day.

Special dietary requirements (e.g. Gluten free) _____

PAYMENT ADVICE

Total Amount Payable: Financial Members **\$130** (GST free), Non-Members **\$170** (GST free)

Please find enclosed my cheque for \$ _____ (to be made payable to SAWLIS)

OR

I have paid \$ _____ directly into the following bank account on ____ / ____ ____

Bank: Credit Union Financial Services Australia

BSB: 805 007

Account: SAWLIS, No:720 3625 (*ensure to indicate your name in the reference section*)

NOTE: If you are a Credit Union SA member paying online, you will need to get past the incorrect destination message.

Use this account number: 00705131 **not** 7203625. This is the same account but the 720.... number will not work for Credit Union SA members. You also have to use the 3 characters "SA + space" (spacebar) in the 'pay to' section. This is where you are asked to enter the first 3 characters (the space is a character).

Send forms via email to: Carol Buesnel buesnelca@hotmail.com

Send via internal DfE mail to Philip Bloffwitch, Elizabeth North Primary School.

- A certificate of attendance will be available on the conference day.
- Books from Educational Aids, Select and George's Bookshop will be available throughout the event.