# The why of wellbeing...

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# The Plan...

WHAT is wellbeing?

WHY prioritise wellbeing?

HOW do we do this?

#### In two words or less ...

What is it you *most* want for your children?

### What do you most want for your children?

(Seligman)



- Happiness
- Health
- Confidence
- Contentment
- Personal fulfilment
- Love
- Friendships
- Achievement
- WELLBEING

#### What do schools teach them?





# TRENDS... WHAT ARE WE SEEING?

- Increasing anxiety, mood disorders and psychopathology.
- Difficulties with distress tolerance and affect regulation.
- Reduction in empathy and tolerance.
- Immature relational behavior.
- Peer relationship difficulties.
- Reduction in attuned communication and relationships.
- 1/24<sup>th</sup> relational opportunity compared to hunter gatherers.











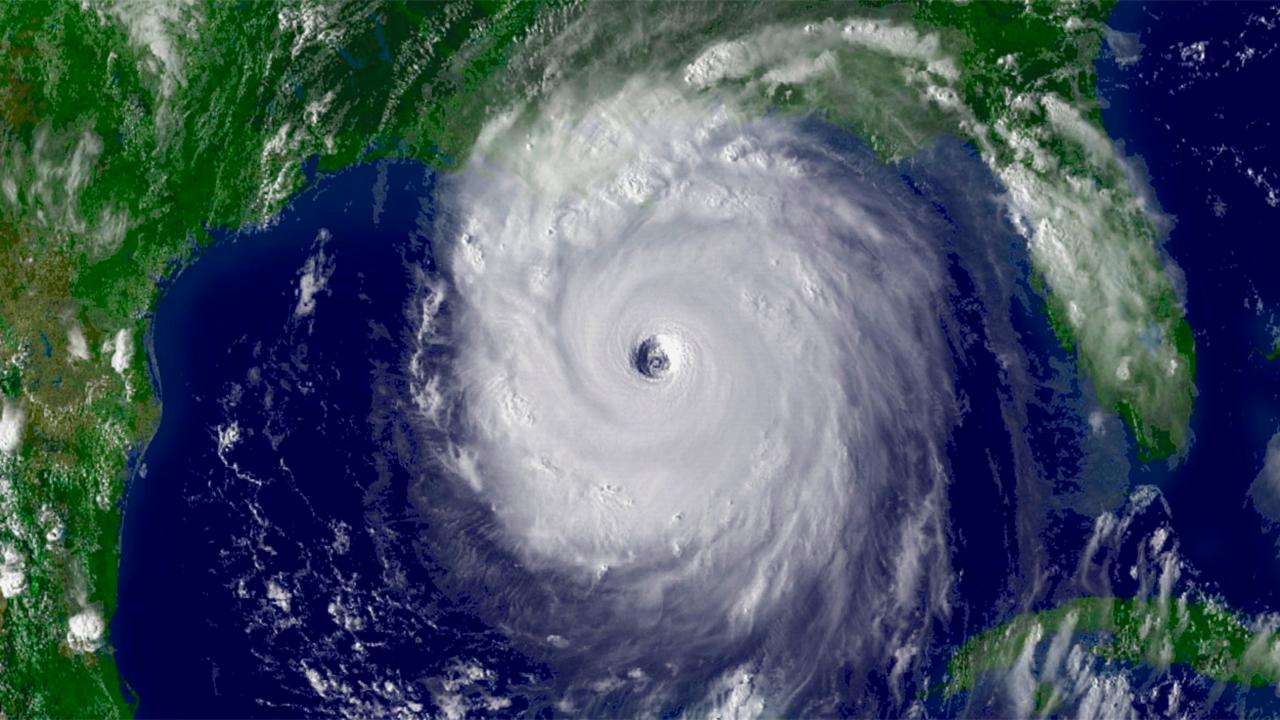


### THE IMPACT

- Increasingly difficult to connect.
- Loneliness more dangerous than obesity.
- Attuned relationships are the foundation of psychological and physical health.

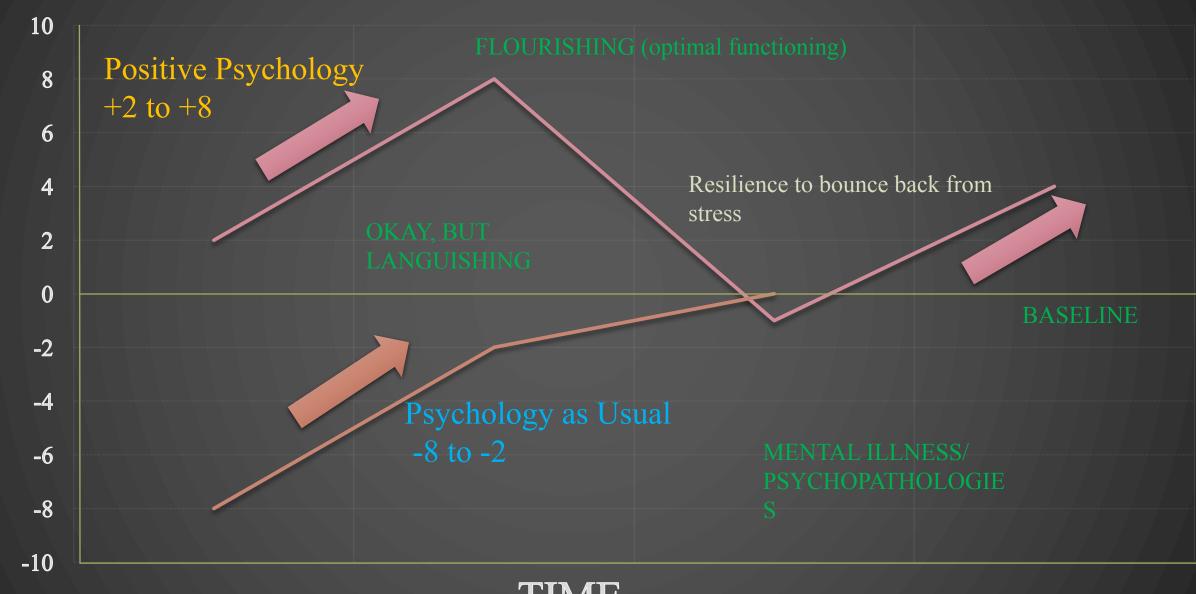
# WELLBEING IS NOT A SPECTATOR SPORT.





#### THE IMPORTANTANCE OF WELLBEING

WELLBEING



TIME

### What is Positive Psychology?

• Positive psychology is an umbrella term for the study of positive emotions and positive character traits.

• It is concerned with what makes people flourish, that is, become happier, more connected to others and



# A changing lens

Traditionally, a major focus of psychology has been to relieve human suffering.

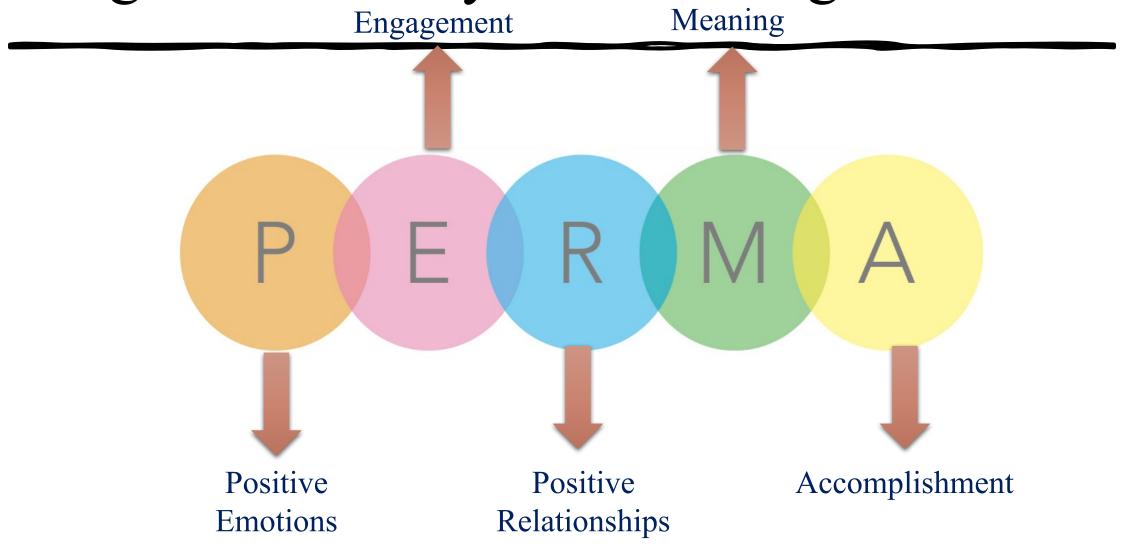
Positive Psychology is the scientific study of the factors that enable individuals and communities to flourish.



#### What is Positive Education?

"... an umbrella term used to describe **interventions** and **programmes** from positive psychology that have **impact on student wellbeing**. Working within best practice teaching."

### Seligman's Theory of Wellbeing



#### WELLBEING INVOLVES 5 ELEMENTS (SELIGMAN, 2012)

- **Positive emotion:** Happiness and life satisfaction
- **Engagement:** Total absorption in a task
- Relationships: Human connection
- Meaning: Belonging to and serving something bigger than the self
- Accomplishment: Achievement often pursued for its own sake

Goal of positive psychology is no longer the pursuit of happiness. Instead, positive psychology seeks to increase the amount of flourishing in one's life.



### HOW DO WE DO THISM SCHOOLS?



Wellbeing .... a global agenda for schools.

'Education should seek to develop each child's personality and character as much as it develops numeracy and literacy'

**OECD REPORT** 

The catch phrases for Positive Education are:

Learn it – learn the science;

Live it – apply your learning to your personal life;

Lead it – model and teach it to others; and

Embed it – spot and lead opportunities to weave Positive Psychology practices into your

### STRENGTHS

SO...
WHAT ARE
CHARACTER
STRENGTHS?
VIA





### STRENGTH FOCUS

• Research shows that when people use their strengths they perform better, achieve results faster and feel more satisfied, energised and engaged.

• It does not mean ignoring weaknesses.

### WHAT IS STRENGTH BASED EDUCATION?

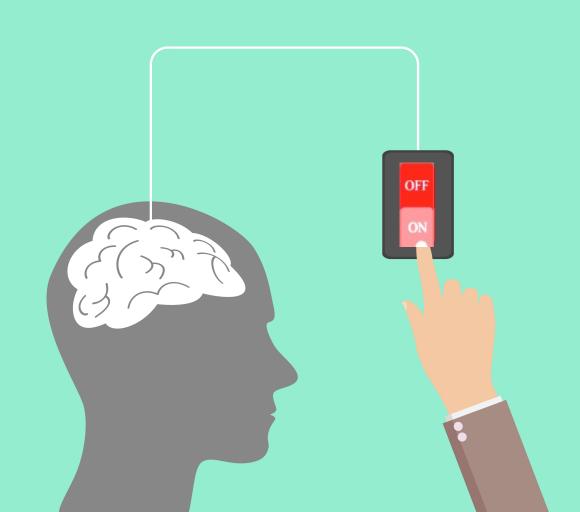
'A style of education that seeks to deliberately identify and cultivate positive states, positive processes and positive qualities in children'

Lea Waters

# Why don't we focus on strengths more?

OLD WIRING

### STRENGTH BASED PARETING Flick the Strength Switch

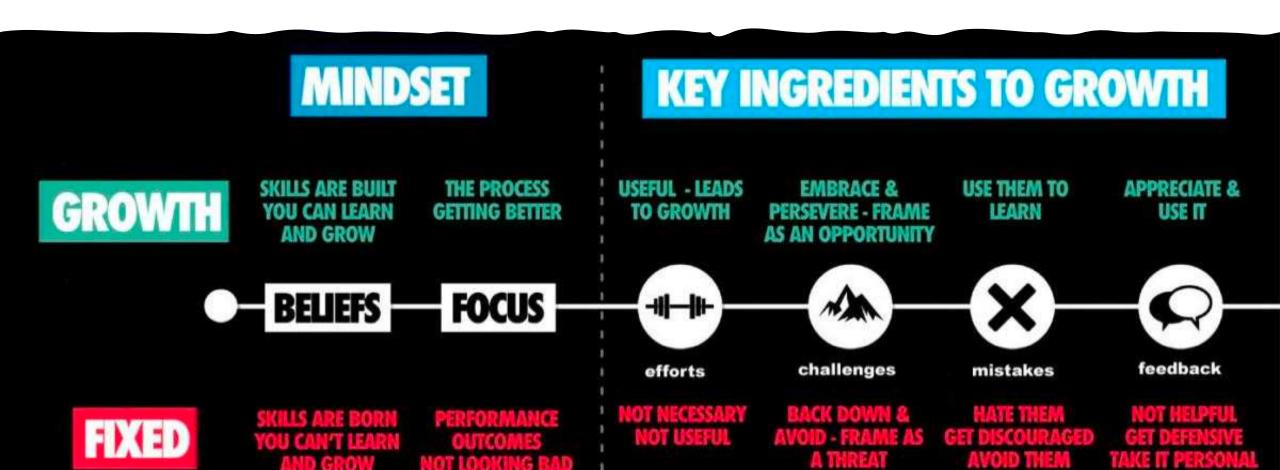


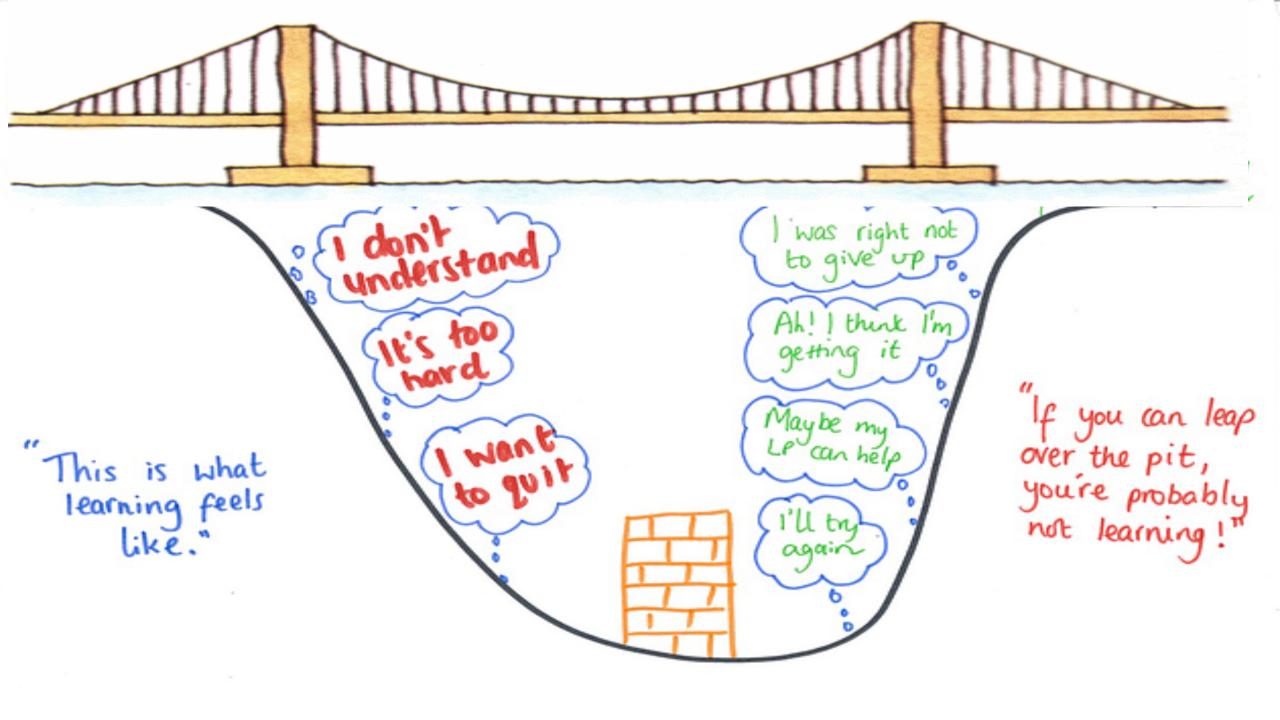
### GROWIH MINDSET



Reflect on your mindset

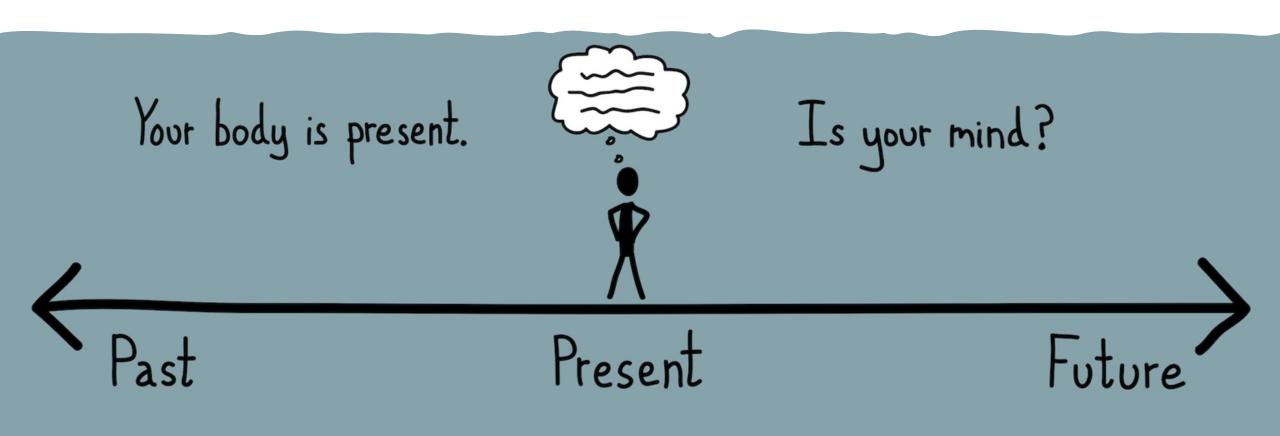
#### The two mindsets



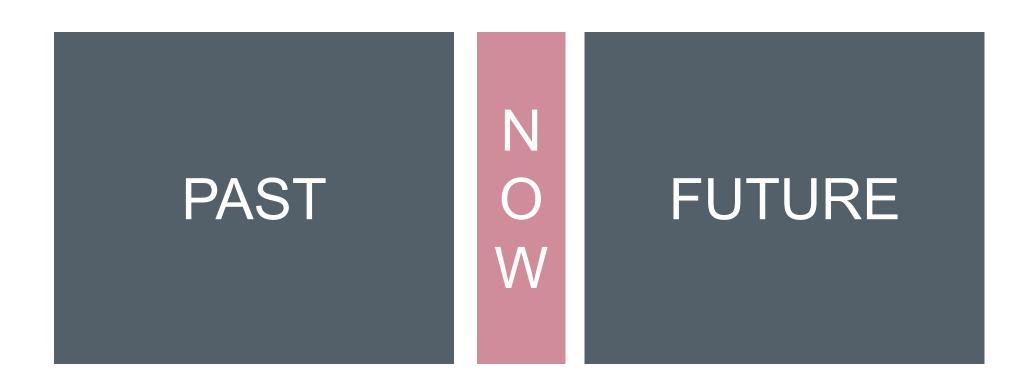


### MINDRULNESS

### Where is your mind?



#### The present moment



#### The present moment

PAST NOW FUTURE

