

PARENTS' EVENING:



POSITIVE EDUCATION

THE WHY, THE WHAT & THE HOW

TUESDAY 23RD FEB | 7PM START | HALSWELL SCHOOL HALL

Research indicates that there is an unprecedented emerging crisis in the mental health of children and young people across the globe. One of the remedies to address this crisis is the development of cultures within environments that will equip students with the skills, strategies and knowledge to maintain high levels of personal wellbeing now and in their futures lives.

John Quinn and Dr Sarah Anticich are highly regarded experts in the field of Positive Education. They are the co-founders of Performance Wellbeing and work with a broad range of organisations including schools and elite athletes. Their presentation will explain the 'why' behind wellbeing and what we can do as parents and educators to foster positive environments at home and school that will enable all children to flourish.

PRESENTERS:



JOHN QUINN

John is the Director of Wellbeing and Positive Education at Christ's College where he works to develop and implement a wellbeing program in the College. He has 15 years' experience working in the area of education. John also has extensive experience working within the context of High Performance Sport as a mental skills coach and currently works with High Performance Sport New Zealand, New Zealand Rugby, Crusaders Rugby, Canterbury Cricket, amongst others.



DR SARAH ANTICICH

Sarah is a registered Clinical Psychologist with more than 13 years of clinical experience. She works part time at Christ's College as well as working at University of Canterbury. Sarah has worked in both public and private practice across a range settings including Education, Corrections, ACC and Specialist Mental Health Services across New Zealand and Australia. Sarah has specialist expertise in the area of anxiety prevention and treatment, having completed her PhD in the area of school based anxiety prevention at the University of Queensland.