



Positive Education Parent Information Evening



Key Notes

Here are the Positive Education Character Strengths.....

Positive Education Character Strengths

Wisdom

Creativity Curiosity
Judgment Love of Learning
Perspective

Courage

Bravery Perseverance
Honesty Zest

Humanity

Love Kindness
Social Intelligence

Justice

Teamwork Fairness
Leadership

Temperance

Forgiveness Humility
Prudence Self-Regulation

Transcendence

Apprec. of Beauty & Excellence
Gratitude Hope
Humor Spirituality

Would you like to know your top Character Strengths?

You can find this out by completing the free VIA Character Strength Survey

<https://www.viacharacter.org/www/Character-Strengths-Survey>



Key Notes

Positive Psychology

Positive Psychology is the scientific study of what goes right in life. It is the study of optimal experience – people being their best and doing their best.

Strengths Based Approach

A strengths based approach, in contrast to a deficit-based approach, endeavours to build on what is strong to promote future growth and development. A strengths based approach to education involves exploring strategies that identify ‘what works’ for the child and ‘how it works’ so that the strategies can be continued and developed to match the child’s abilities.

“Character Strengths are ways of thinking, feeling, and behaving that come naturally and easily to a person and that enable high functioning and performance”

Alex Linley, 2006



Expo Information

Attached are the biographies and relevant information for external support for your wellness families. This information is to assist you.

We do not endorse one business over another and believe that each family and child is as unique and varied as the information we are providing to you.

Please also be aware of free online resources via our GMAS website http://www.gmas.wa.edu.au/dashboards/ss_wellness_dash



Georgiana Molloy Anglican School Upper School Wellness Dashboard

Middle School

Senior School

MELIA BRENT WHITE - CERTIFIED BODYTALK PRACTITIONER (CBP)

BodyTalk is a balancing system, which can work on mind and body to create a feeling of balance and relaxation you may never have experienced before. It can assist in facilitating self healing through tapping into the innate intelligence and healing potential of the your body.

The client's innate wisdom decides where the session will go, with the Practitioner revealing this through biofeedback (muscle checking). I utilise Advanced BodyTalk, Consciousness, Biodynamics, Energetics Mindscape and Fascial Balancing techniques through my sessions. Tapping over the head and heart complex ensures the new awareness is integrated throughout the whole body.

I am a practising member of the International BodyTalk Association, the Australian BodyTalk Association, as well as the International Institute for Complimentary Therapies.



Body Talk
Email: windancer@hotmail.com.au
Phone: 0432 081 935

SANA TURNOCK - QUALIFIED AROMATIC MEDICINE PRACTITIONER AND CLINICAL AROMA THERAPIST

Sana Turnock is a qualified clinical aroma therapist with a love and passion for all aspects of aromatherapy. She is a consultant, educator and writer, having already established numerous successful aromatherapy programs for health care organisations. Sana is the author of *Complementary Therapies – Holistic Success Stories* and *Flower Power Energetics in Action*. Her articles have appeared in *NOVA* magazine, *Aromatherapy Today* and *The Aromatherapy Journal*.

Aroma Casa and Joyful Living Consultancy have been established by clinical aroma therapist and consultant, Sana Turnock, who lives in the south west of Western Australia. Joyful Living Consultancy is based on living life joyfully so that it positively affects others.

Memberships: Australian Traditional Medicine Society (ATMS), International Aromatherapy and Aromatic Medicine Association (IAAMA).



Joyful Living Consultancy
Phone: 041 9041 783
Website: www.aromacasa.com

VICTORIA YUEN - AUTHOR, YOGA CARD DECK DESIGNER, MINDFULNESS/YOGA TEACHER, ENCORE FACILITATOR

Victoria speaks at wellness functions, teaches Mindfulness and specializes in helping bodies move through emotional trauma with Restorative Yoga. She teaches the Encore program (Free post breast cancer surgery exercise and health program) in Bunbury and Busselton, Western Australia.

She is an Author of 3 published books; 'Will You Come To Bed with Me? Creating Mindful Moments with Your Family,' 'Peacefulness in 5 Easy Steps' and 'Breast Cancer Recovery. Yoga, Meditation and Breathing Techniques.' (Available on Amazon). She has a variety of Online Home-Based courses and she has designed six yoga card decks, a mindfulness card deck and a kids calming card deck.

Victoria has recently created an App with her most sought after breathing techniques and meditations on it, for adults and children. The App is called 'Meditations by Victoria'.



Victoria's Place
Email: victoria@victoriasplaceonline.com.au
<https://www.victoriasplaceonline.com.au/>

Agencies to assist youth



Kathryn consults on campus every Wednesday for 13-18 year olds

Many young people have these experiences. Making sense of how we feel is hard for most of us, but during adolescence this can become even more of a struggle. The counsellors at Youth Focus are here to listen and help you with whatever you need. It's great that you've taken the first step and want to get help.

At Youth Focus we recognise that everyone is unique and understanding where you fit into the world around you is part of being a young person. The counsellors will help you to understand the difficulties you are going through within the broader context of your life including family, friends, school and your local community – which can be your greatest supports – and help you to make changes so life is less of a struggle.

We provide our free services in a way that is “youth friendly”, flexible and recognise the individual need of the young person and their family.

How to make an appointment

Call us at Youth Focus on (08) 6266 4333 anytime between 9am to 5pm Monday to Friday and ask to speak to the Triage Officer.

Services are available from our offices located in Burswood, Joondalup, Fremantle, Rockingham, Mandurah, Bunbury, Collie, Geraldton and Albany as well as our school and outreach programs.



BUZ

All BUZ program areas are founded on a ‘Strengths’ approach rather than a ‘deficit’ approach.

In everyday terms this means that we focus on looking for what is ‘right’ or going well in a child or family’s life and building on that.

Head office:

Cnr Albert and Queen Sts

Busselton 6280

Western Australia

Phone: 08 97512435

Other Resources

If you need urgent support please contact:

Suicide Call Back Service

1300 659 467

Kids Helpline

1800 55 1800

Lifeline

13 11 14

If you are looking for more information and online support have a look at the following online resources:

Reach Out

Lifeline

Bite Back

Smiling Mind

eHeadspace

<http://youthfocus.com.au/>

Thank you for coming!

