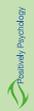


INTRODUCTION	<p>INTRODUCTION TO POSITIVE PSYCHOLOGY WORKSHOPS</p> <p>An overview of positive psychology and frameworks for supporting students' learning and well-being</p> <p>Introduction includes:</p> <ul style="list-style-type: none"> • Principles of positive psychology • The value of appreciative approaches. • The place of neuroscience in positive psychology • The authoring of positive self-stories 	
WORKSHOPS	<p>1. Positive Psychology</p> <p>Safe, positive, nurturing environments support the social and emotional well-being of children and position them to learn. Teachers participating in Positive Psychology workshops will learn ways of creating positive climates that support students to develop senses of hope, trust and optimism.</p>	
	<p>2. Lives in Stories</p> <p>Experience plays an important role in the construction of children's self-narratives. This session offers teachers the opportunity to understand the relationship between dynamic self-stories and actions, the re-authoring of positive new stories that spark from existing positive supports and the consolidation of new narratives in everyday activity.</p>	<p>3. Neuroscience and learning</p> <p>The plastic brain develops, changes and integrates with the mind and body. Workshop participants will be introduced to neuropsychological structures, functions and interactions that influence learning and well-being.</p>
	<p>4. Sense of Agency</p> <p>Taking agency in personal, social and academic learning means being an active participant and successfully negotiating complex social environments. This session considers the multi-faceted nature of agency, how to understand individual students' sense of agency and ways of fostering agency in educational settings.</p>	<p>5. Changing Relationships with Anxiety</p> <p>Although anxiety plays a protective role, the anxious response can escalate to a point where it is experienced as overwhelming. In this session, participants discuss the nature, purpose and effects of anxiety from a neuropsychological perspective. Participants will also consider ways to create safe and nurturing environments in which children can change their relationships with anxiety.</p>
	<p>6. Frameworks of Application of Positive Psychology</p> <p>Frameworks for in-depth processing of information help practitioners to understand complex situations and to design new actions based on positive pillars.</p> <p>Teachers build on their knowledge of systematic, appreciative inquiry to learn methods of creating fresh, contextually applicable, positive solutions.</p>	
CORE TOOLS		
		
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