

Seaford District Community Children's Centre 2 Day Professional Development Positive Psychology for Educators



This suite is designed to introduce the theory of positive psychology and the elements of PERMA+. As educators, you will explore your own strengths and apply the principles to your environment to enhance individual and collective wellbeing.

Course aims and objectives

This suite contains the following six sessions:

- > Introduction to positive psychology In line with the recommendations from Professor Martin Seligman (2013 Thinker in Residence), South Australia is looking for ways to measure and increase wellbeing, and become the 'State of Wellbeing'. This workshop introduces the PERMA + framework, the science of positive psychology and the applications for early childhood education and care.
- > Positive emotion Based on Barbara Fredrickson's Broaden and Build theory and Sonya Lyubomirsky's Happiness Pie, this session focuses on increasing positive emotion through intentional activities.
- > Positive engagement Engagement can be described as the connection one has with the activity or environment. Drawing on research into Flow and Strengths, we look at strategies for building engagement in education and care settings.
- > Positive relationships Secure, respectful and reciprocal relationships is a principle of the EYLF. In this workshop we explore the research into building positive relationships and its application to education and care settings.
- > Positive meaning Positive psychology is not just about being happier. It is about psychological wellbeing and building meaning and fulfilment in lives. This workshop explores ways to build meaning into daily practice, increasing our connection to values and connecting with a sense of purpose.
- > Positive accomplishment Mastery, competence, achievement or accomplishment is linked to a sense of meaning or positive emotion. In this workshop we explore ways to build more opportunities for accomplishment in education and care settings.

Links to NQS

Quality Area 5 – Relationships with children

Quality Area 6 – Collaborative partnerships with families and communities

Quality Area 7 – Leadership and service management

Delivery mode

Two day workshop

Study location, date and time

TAFE SA Adelaide Campus

Friday 14 July 2017
Monday 17 July 2017

9.30am – 4.00pm



Seaford District Community Children's Centre Positive Psychology for Educators

Suitable for staff working in early childhood services (birth to 5 years), middle childhood and educational support services (5 to 12 years).

TAFE SA ADELAIDE CAMPUS

Location 120 Currie Street Adelaide

TAFE SA – Community Services, Health & Lifestyle Business Unit

Please join the entire SDCCC Team for our 2017
2 Day Professional Development Workshops

Lunch will be provided on both days

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TAFE SA Children's Services

*Inspired educators. Rich childhoods.
Strong communities.*