

INVICTUS

WELLBEING CONFERENCE 2019

2019	Monday, Sept 2
CAVES COASTAL	Caves Beach, NSW

– Education That Connects –
EVIDENCE-BASED APPROACHES TO RELATIONAL EDUCATION

\$250/pp OR \$1000/table of 5

This is a NESA registered professional development opportunity
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THE D H C S

9:00am Hot drinks by the ocean

Opening remarks

9:30am Rohan Deanshaw

Spoken Word Poetry

9:35am Rojé Ndayambaje

Keynote Address

9:45am John Hendry OAM

10:30am MORNING TEA

11:00am Joshua Brown

11:30am Melinda Tankard-Reist

12:15pm Dr Jason Hinze

1:00pm LUNCH

Workshop

2:00pm Sasha Sullivan

Closing remarks

3:00pm

Rojé Ndayambaje



Roje Ndayambaje was born in Congo and raised in Uganda in a Rwandan family. His poetry is marked by each of these places and a deep love for Africa. Roje writes and performs poetry to share the story of his people and encourage others to find and share their own. Roje has performed Spoken Word at numerous events including the Australian Poetry Slam Newcastle Heats, Poetic Justice, Art Bender Newcastle, Soul Lounge (Adelaide) and SpeakUP Gosford. He has supported Luka Lesson and collaborated with Will Small and Manal Younus. Roje's storytelling abilities and soulful poetry will leave you changed after hearing it.

John Hendry OAM



Distinguished educator and long term contributor to Geelong Grammar School's Institute of Positive Education and Elder at Resilient Youth.

In this session John Hendry will introduce a Relationship-based Education approach to schools which addresses the culture of schools and the fundamental need to re-write the "narrative for education". The establishment of "kindness and forgiveness" into the cultural underpinnings of schools will be explained along with the two guiding principals of The Hippocratic Oath and The Golden Rule. The deeply researched and humane approach to culture and the critical role of replacing the primary motivating force of fear for "performance" in schools, and in life generally, with kindness and forgiveness, will be explained. This change will address the culture of fear and the existing mental health crisis and behavioural crisis in schools and society. Fundamentally this leads to a resilient culture of care and "peak performance". Forgiveness enables. Education replaces punishment. Failure becomes a critical learning step rather than "the end of the road", and the creation of an enabling Resilient Mindset is enabled for all. This is now being done in many schools throughout Australia and internationally.

Joshua Brown



Assistant Principal: Wellbeing K-12 at Macquarie College and Founding Director of the Invictus Wellbeing Institute.

In this session, Joshua will unpack the origins and philosophy behind the extended version of the Invictus Wellbeing Program and provide research insights that have informed the construction of this new curriculum. We will explore the importance of personal narratives and the role of archetypal journeys as students transition from childhood to adulthood. This session will be of particular interest to school administrators and Invictus Coordinators wishing to become more informed about the successful implementation of a multimodal wellbeing program.



Melinda Tankard-Reist



Author, speaker, media commentator, blogger and advocate for women and girls. She is best known for her work addressing sexualisation, objectification and violence against women.

Children and young people are bombarded with hypersexualised messages from media and popular culture, teaching them they have to be 'hot' and 'sexy' to be liked and accepted. Exposed to a pornified landscape, young people are 'acting out' through social media and sexting, putting their bodies on display and even creating their own sexualised content. Drawing from current global literature on the harms of sexualisation, objectification, pornography and porn culture more broadly - and supported by compelling personal testimony from young people - Melinda will explore with us how these entrenched, commercialized cultural practices, contribute to a distorted view of bodies, relationships and sexuality in children and young people, hampering their healthy physical, emotional and social development. How should we respond and help them aspire to relationships based on authentic human connection, intimacy and respect?

Dr Jason Hinze



Secondary course convener: Avondale College of Higher Education. Dr Hinze is also an expert in service learning and the development of new and connected personal and professional identities.

Jason Hinze is an initial teacher educator who is passionate about involving young people in quality experiences. Drawing from research he conducted on pre-service teachers, participating in a four-week teaching experience in Nepal, Jason shares what he has found to be the core ingredients in designing quality experiences. By unpacking the power of challenge, freedom and belonging Jason hopes that his presentation will inform best practice for anyone with the desire to design and/or deliver a quality experience.

Sasha Sullivan



Author, speaker, and Staff Wellbeing & Innovation Consultant. Sasha is also the founder of Edu-Recharge and a member of the Future Schools Alliance.

Staff wellbeing: From the inside out and outside in

As an educator, you're constantly giving, communicating, juggling tasks, challenges, admin, parents, students, marking. Where are you in that picture?

This session is an opportunity to check in on your wellbeing. You'll experience a toolkit of quick and easy things you can use throughout the term individually, with colleagues and as a staff group to manage stress and flourish. See what Positive Psychology, neuroscience, the work of Brene Brown, mindfulness and Human-Centred Design can offer you and your school.

REGISTER NOW

theinvictuswellbeinginstitute.com/events