



# wellMIND™

RESILIENT OPTIMISTIC CAPABLE

*A comprehensive student mindset program.*

The Sentis Education wellMIND program is more than just resources and training. Our comprehensive approach is designed to be tailored to your specific needs to design a fit-for-purpose solution for your school community. Leveraging your existing organisational systems and processes, our focus on mindset can be applied to learning, wellbeing, sport and resilience, with far reaching benefits.

The outcomes of developing resilience, optimism and capability are:

- increased physical and mental wellbeing
- improved academic achievement
- increased opportunities for employment and
- increased chance of completing schooling.

*"Thanks again for everything this year. We had great results from our School Opinion Survey and there are definite signs it will keep improving."*

*Principal*

**sentis**  
education

# BENEFITS

Educators and parents recognise the need to invest in the wellbeing of young people. In a time when mental health issues are becoming far too common, the burden often falls to schools to be an integral part of the solution.

In addition to wellbeing factors, resilience is a necessary skill (one which can be developed) that serves to improve the lives of young people in terms of their learning. With a focus on mindset, the Sentis Education program aligns to current research and is built around four dimensions; mastery, meaning and purpose, active self-management and positive attitude.

Schools have many competing priorities, and it often becomes the responsibility of a few people to resource a student program. One-off motivational presentations have limited sustainable impact and teachers are already 'under the pump' with curriculum requirements.

In response, Sentis Education has developed a comprehensive suite of resources to support a strategic program which includes 70+ individual lessons, school-wide campaigns, assembly presentations, form class activities, posters, desktop backgrounds and digital materials.

Based on work from the expert psychologists at Sentis' internationally recognised team, our materials are made BY teachers and FOR teachers, so they can plug 'n' play, with learning intent, success criteria, powerpoints, videos and additional artefacts ready to go.

We also have the internal capability to develop custom materials upon request.

Whether you choose a whole school program, encompassing programs for staff and community, or if you just want to focus on students, our team can deliver exceptional face-to-face programs, supported by a strategic implementation plan of up to 18 months.

As with all of our work, Sentis Education have the research-backed measures to chart progress and identify areas of need for specific cohorts.

# WHAT YOU GET

Whole School Assembly  
Presentations

Year Level Assembly  
Presentations

Form Class Activities

Whole School Promotional  
Campaigns

Posters

Desktop Backgrounds

Communication Templates

Factsheets

Tip Sheets

Student Leader Activities

School Camp Program  
Support

Brain Animations

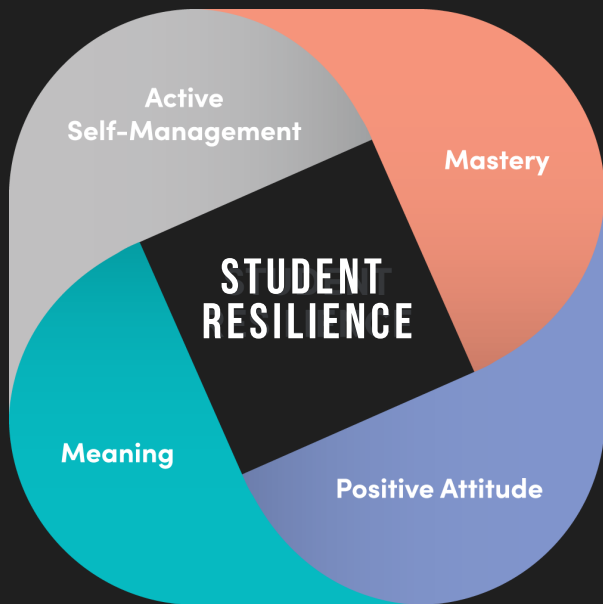
Implementation Project  
Plans

Student Resilience Measure

## TOPICS for explicit lessons (over 50 lessons)

- coping skills
- resilience
- adaptability
- curiosity
- goal setting
- stress
- empathy
- resolving conflict
- helpful attitudes
- perseverance
- positivity
- positive self-talk
- courage
- procrastination
- catastrophising
- self-awareness
- emotional regulation
- assertiveness
- collaboration
- respect
- cooperation

# STUDENT RESILIENCE MEASURE



The Sentis Education measure is a comprehensive, theory-informed approach to identify determinants of behaviour within the domains of mastery, active self-management, meaning and positive attitude. It is these four dimensions that build resilience in young people.

The measure can be administered across the whole school, year levels or to track individual cohorts. Sentis Education adheres to all privacy regulations and requests.

## 1) Active Self-Management

This component of the model refers to a students' ability to be self-sufficient and operate independently without relying on others. It's based on a measure of their coping strategies, social competence and understanding of the factors that negatively impact their emotions.

## 2) Meaning

A measure of their sense of contribution and commitment to upholding personal values, the meaning component assesses how a student feels about their individual contributions. It evaluates if they feel like a valued, active member of society and is a key driver for internal motivation, especially in the face of adversity.

## 3) Mastery

An evaluation of their levels of self-confidence and independence, mastery is based on a student's sense of autonomy and control. It's based on an assessment of a student's confidence in their ability to handle difficult circumstances and stay in control, even when challenges arise.

## 4) Positive Attitude

The final part of the model, positive attitude is about a student's perceptions. It's based on their ability to identify personal strengths and take positive action, even when faced with challenging circumstances. It involves having an optimistic outlook and maintain the belief that new skills can be developed and that hardships are also great positive learning experiences.

# PACKAGES

## PACKAGE ONE: wellMIND Student Resources Program

- Student Resilience Measure and Resources
- 50+ individual lessons, fully resources with lesson plans, videos and powerpoints.
- Whole school campaigns, including posters, assembly presentations and form class activities.

## PACKAGE TWO: wellMIND Student Resources and Student Leadership Program

- Student Resilience Measure and Resources
- 50+ individual lessons, fully resources with lesson plans, videos and powerpoints.
- Whole school campaigns, including posters, assembly presentations and form class activities.
- Implementation Project Plan + Team Consultation
- Year Level Coordinator Meeting Schedule
- Student Leadership Program - (whole day)
- Parent Program

## PACKAGE THREE: wellMIND Staff and Student Program

- Student Resilience Measure and Resources
- 50+ individual lessons, fully resources with lesson plans, videos and powerpoints.
- Whole school campaigns, including posters, assembly presentations and form class activities.
- Implementation Project Plan + Team Consultation
- Year Level Coordinator Meeting Schedule
- Student Leadership Program - (whole day)
- Parent Program
- Staff Program- Promoting Wellbeing and Building Resilience
- Staff Toolkit - fully resourced resources for staff
- Staff Implementation Project Plan + Wellbeing Team Consultation
- School Wellbeing Climate Survey



# wellMIND<sup>TM</sup>

RESILIENT OPTIMISTIC CAPABLE

To discuss a fit-for-purpose solution for your school community, contact Sentis Education.

[education@sentis.com.au](mailto:education@sentis.com.au)

Lisa Newland, Director

[lisa.Newland@sentiseducation.com.au](mailto:lisa.Newland@sentiseducation.com.au)

Peta Barker, Principal Consultant.

[Peta.Barker@sentiseducation.com.au](mailto:Peta.Barker@sentiseducation.com.au)

**sentis**  
education