



wellMINDTM

RESILIENT OPTIMISTIC CAPABLE

A comprehensive school 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, processes and digital platforms our focus on mindset can be applied to learning, wellbeing and leadership with far reaching benefits.

The outcomes of developing resilience, optimism and capability are:

- increased physical and mental wellbeing
- improved ability to cope with change and challenge
- increased achievement and performance
- improved school culture

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

*"Just fabulous. Pertinent, targetted, great sharing across all QLD. So valuable."
(Wellbeing webinar series)*

"Love the simple strategies that can be used for myself in this time of COVID-19. And also, that can be shared with colleagues and students."

BENEFITS FOR STUDENTS

Educators and parents recognise the need to invest in the wellbeing of young people, particularly in time of rapid change and uncertainty. 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, online or face-to-face, 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 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 Presentations

Year Level Presentations

Form Class Activities

Whole School Promotional
Campaigns

Parent Presentation
Packages

Posters

Desktop Backgrounds

Communication Templates

Fact Sheets

Tip Sheets

Student Leadership
Program

School Camp Program
Support

Brain Animations

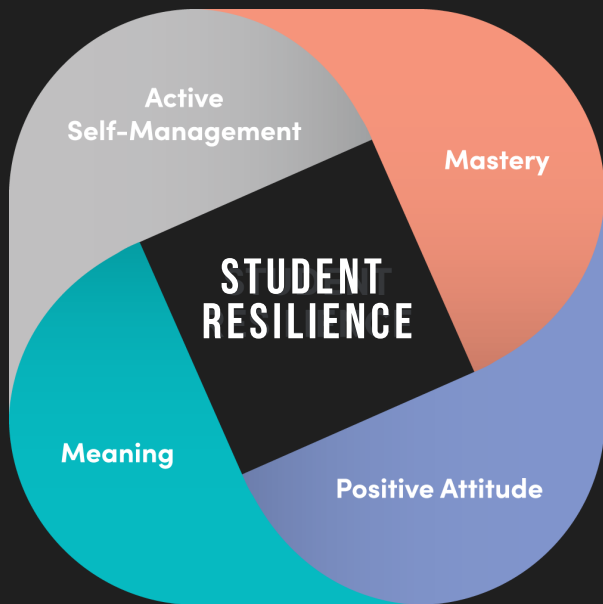
Implementation Project
Plans

Student Resilience Measure

**TOPICS for explicit lessons
(over 50 lessons suitable
for online delivery).**

- 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 online 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.



ASSESS

The internationally-recognised Sentis Research Team has a number of measures to assess your current context and assist with the strategy.

PROCESS

WELLBEING CLIMATE SURVEY

STUDENT RESILIENCE MEASURE

STAFF RESILIENCE MEASURE

DESKTOP DATA ANALYSIS

ONSITE EVALUATION

TRAIN

Programs for Staff, Students and Parents to Promote Wellbeing and Build Resilience and grit. (online options)

PROMOTING WELLBEING MEETING AGENDAS

BUILDING RESILIENCE STAFF PROGRAM

BUILDING RESILIENCE PARENT PROGRAM

STUDENT LEADERSHIP PROGRAM

SUSTAIN

Embed the common language and psychological concepts into the fabric of your organisation. (online options)

TRAIN THE TRAINER OPTION

STAFF WELLBEING & RESILIENCE TOOLKIT

STUDENT RESILIENCE RESOURCE PACKAGE

IMPLEMENTATION PLAN



CORE CONTENT



STAFF PROGRAM

MY PERSONAL BIG FIVE

ABR MODEL - ATTITUDES DRIVE BEHAVIOURS WHICH GET ME MY RESULTS.

LIFESTYLE FACTORS

MINDFULNESS

MY STRENGTHS

STRESS MANAGEMENT

STAY AND PLAY - MY STRESS STRATEGIES

TAKING CONTROL - INTERNAL LOCUS

REFRAMING

NEGATIVE BIAS

MEANING AND PURPOSE

MY WHY?

MY WELLBEING ACTION PLAN

EMBEDDING TOOLKIT

Includes comprehensive implementation plan for up to 18 months. (online options)

14 FACTSHEETS

4 ANIMATIONS

9 STAFF ACTIVITIES

10 POSTERS

10 ELECTRONIC DESKTOP BACKGROUNDS

RECOMMENDED READINGS

7 TIP SHEETS

A wellbeing webinar program for educators.

We are now living in uncertain times, with massive changes forced upon every one of us. Educators, in particular, have become part of the frontline in supporting the community while also shifting to a completely new way of working.

During times of intense pressure, understanding how our brain works and how we can use mind tools can help us as we navigate each day together.

Sentis Education has been delivering wellbeing, resilience and grit programs to educators for the past three years through their wellMIND program. In response to the current situation, Sentis Education is providing a series of webinars with psychological concepts that we can all use to build our resilience and grit and focus on our wellbeing.

These webinars will be supported by a range of resources made available to the participants to continue the learning and support the embedding of the concepts.

Join us for a 30 minute webinar, give yourself some time to stop and clear your thoughts and then get back to your important core business. The concepts may also be applied to our lives outside of work and to the students we teach who are also going through significant change.

The Program

Mindset and Resilience: The ABR Model.

How I can take greater control of my attitude to deal with change and challenges?

Internal Locus of Control.

How I can focus on what I can control and influence. What part do I play in the outcomes I get?

Reframing and Negative Bias.

Using neuroplasticity to take greater control of my thinking.

Hunting the Good Stuff.

You get what you focus on. How do we keep a positive mindset in times of pressure and stress?

Mindset and Investing in my Wellbeing: My Personal Big 5. How can I continue to invest in wellbeing factors to stay safe and well.

PACKAGES

PACKAGE ONE: wellMIND Student Resources and Parent Program

- Student Resilience Measure and Resources
- 10 individual student lessons, fully resourced with lesson plans, videos and powerpoints.
- Whole school campaigns, including posters, assembly / parent presentations and form class activities. (online options)

PACKAGE TWO: wellMIND Student Resources and Student Leadership Program

- Student Resilience Measure and Resources
- 20 individual lessons, fully resourced 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 Series (online options)

PACKAGE THREE: wellMIND Staff and Student Program

- Student Resilience Measure and Resources
- 50+ individual lessons, fully resourced 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 or online series)
- Parent Program Series (online options)
- Staff Program- Promoting Wellbeing and Building Resilience (online options)
- Staff Toolkit - fully resourced resources for staff
- Staff Implementation Project Plan + Wellbeing Team Consultation
- School Wellbeing Climate Survey (online)



our mission

is to
change the lives of
individuals
and
organisations
for the better, every day.

I appreciate the opportunity to reflect on today's well-being program. For me, the important aspect of the day was developing a deeper understanding of myself in the work place and beyond. Before today, I knew I already utilized good strategies to keep my stress levels 'in check' and my work/life balanced but was not sure how to help those around me. Today's workshop challenged to me not only to better understand and reinforce the strategies I use, but also to consider the influence I have of those around me. Not only can I articulate strategies such as ABR (Attitude, Behaviour, Results) and LOC (Internal Locus of Control), but choose to also challenge myself to frame questions to encourage positive thinking through red and green framing. Thank you for the opportunity, the learning and the focus on well-being.

TESTIMONIALS

I came home tonight and told my partner today was life changing. This is a wonderful opportunity and it's so beneficial, I'd love the entire school to receive the same training. Everyone needs this opportunity to feel excited about their wellbeing and resilience and not look at it as another item to check off our to do list! I'm excited about the next step and to see the benefits spread through school.

I found the Staff Wellbeing & Resilience Training extremely beneficial. The concepts and exercises were fantastic not just for self-application or for staff but for our students as well. I could visualise the ways I would incorporate this ideology into conversations with students, parents and other in the school community to promote positive thinking mindsets and instil resilience. The training has made me eager to be a part of the Wellbeing Committee and to implement more wellbeing initiatives into our school. Thank you for allowing me to be a part of this great initiative!

References available on request.



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

education@sentis.com.au

Lisa Newland, Director

lisa.Newland@sentiseducation.com.au

Peta Barker, Principal Consultant.

Peta.Barker@sentiseducation.com.au

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