



| **SCHOOL MINDSET PROGRAM**

resilient optimistic
capable

A comprehensive school **mindset** program

The Sentis Education wellMIND™ program is more than just resources and training. Our comprehensive approach is tailored to your specific needs to ensure 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

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



“

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.

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| 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

Topics for explicit 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

(over 50 lessons suitable for online delivery).

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.

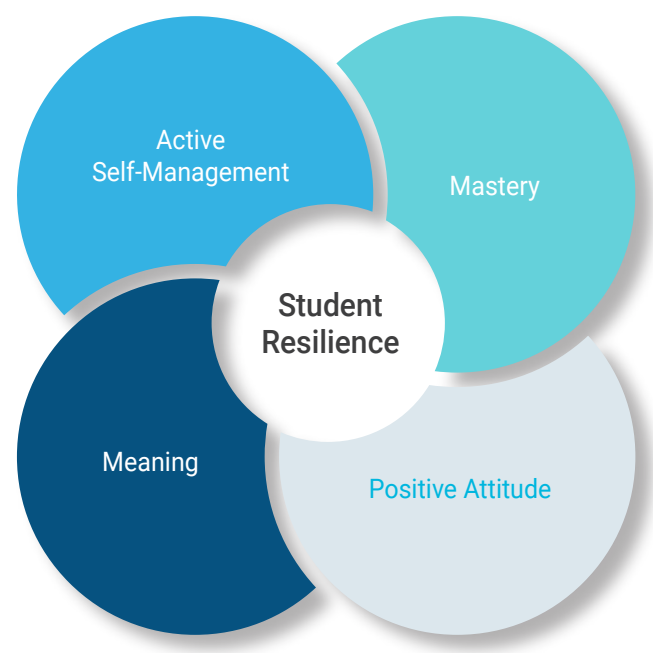
The online measure can be administered across the whole school, year levels or to track individual cohorts. Sentis Education adheres to all privacy regulations and requests.

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.

Process

RESILIENT • OPTIMISTIC • CAPABLE	ASSESS	<ul style="list-style-type: none"> Wellbeing Climate Survey Student Resilience Measure Staff Resilience Measure Desktop Data Analysis Onsite Evaluation
	TRAIN	<ul style="list-style-type: none"> Promoting Wellbeing Meeting Agendas Building Resilience Staff Programs Building Resilience Parent Program Student Leadership Program
	SUSTAIN	<ul style="list-style-type: none"> Train the Trainer Option Staff Wellbeing & Resilience Toolkit Student Resilience Resource Package Implementation Plan

Staff Program

CORE CONTENT



EMBEDDING

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

- My Personal BIG 5
- ABR Model – Attitudes Drive Behaviours which get me my Results
- Lifestyle Factors
- 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

- 14 Factsheets
- 4 Animations
- 9 Staff Incentives
- 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 1: wellMIND™ Student Resources and Parent Program

- Student Resilience Measure + Resources
- 20 individual lessons, fully resourced with lesson plans, videos and powerpoints.
- Whole school campaigns, including posters, assembly presentations and form class activities.
- Parent Program Series (online options)

Package 2: wellMIND™ Student Resources and Student Leadership Program

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

Package 3: wellMIND™ Staff and Student Program

- Student Resilience Measure + Resources
- Implementation Project Plan and 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 and Wellbeing Team Consultation
- School Wellbeing Climate Survey (online)



Testimonials

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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.

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!

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

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