The Strengths-Based Parenting Workshop Series is exclusively available for current Saints parents, across all years of the school.

Workshop 1: Monday 11 April at 7:00pm
Workshop 2: Monday 9 May at 7:00pm
Workshop 3: Monday 23 May at 7:00pm
Workshop 4: Monday 6 June at 7:00pm

Lecture and workshops will be held in the Miller Library Building, Rooms 58/59.
In an Adelaide first I am genuinely excited to invite all parents at St Peter’s College to attend a course on Strengths-Based Parenting Workshop Series to be held at the School.

Strengths-based parenting is an approach where parents seek to identify and cultivate positive states, processes, and qualities in their children.

The Workshop Series is available exclusively to current parents at Saints and has been developed in consultation with Michelle McQuaid and Marie McLeod, both internationally recognised as leaders in wellbeing education.

The Strengths-Based Parenting Workshop Series is designed for parents of students of all ages. They are aligned with many of the skills taught to boys in Positive Education lessons at the School.

I anticipate this program will fill quickly, early enrolment is encouraged.

Simon Murray
Headmaster

The relationship between parents, schools and students is at the heart of building a culture of wellbeing. Research published by the University of Melbourne highlights that children are more likely to use their strengths to cope effectively with minor stress in their life if they have parents who adopt a strengths-based approach to parenting.

Last year we collaborated with Michelle McQuaid and Marie McLeod, Director of PoPsy, to create an extremely interactive series of workshops focusing on Strengths-Based Parenting. Michelle and Marie use Professor Lea Water’s Strengths-Based Parenting framework to underpin many of the concepts presented.

Michelle’s international corporate experience combined with Marie’s educational background will provide you with a unique learning experience.

Dr Mathew White
Director of Wellbeing & Positive Education

Mr Simon Murray,
Headmaster.

Dr Mathew White,
Director of Wellbeing & Positive Education.
Strengths-Based Parenting Workshops

What You Will Learn
Researchers have found that parents can have a positive impact on their children's stress levels and play a significant role in helping to cultivate wellbeing and buffer against ill-being for their children (Middlebrooks & Audage, 2008).

Strengths-based parenting is an approach where parents seek to identify and develop positive states, processes, and qualities in their children.

Who Should Attend?
The Strengths-Based Parenting Workshop Series is open only to parents who have a son currently enrolled at St Peter's College.

The lecture and workshops will be capped at 100 parents. Parents with children of all ages are encouraged to attend.

Program Overview

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Topics</th>
<th>Who can attend</th>
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<tbody>
<tr>
<td>Monday 11 April 7:00pm</td>
<td>Miller Library Building, Rooms 58/59</td>
<td>Workshop 1: Cultivating Positive Qualities</td>
<td>Restricted to 100 places for St Peter’s College parents only</td>
<td>$295.00 per person</td>
<td></td>
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<td>Monday 9 May 7:00pm</td>
<td>Miller Library Building, Rooms 58/59</td>
<td>Workshop 2: Cultivating Positive States</td>
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<td>$350.00 for a couple</td>
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<tr>
<td>Monday 23 May 7:00pm</td>
<td>Miller Library Building, Rooms 58/59</td>
<td>Workshop 3: Cultivating Positive Processes</td>
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<td>Online payment is by VISA or MASTERCARD only.</td>
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<tr>
<td>Monday 6 June 7:00pm</td>
<td>Miller Library Building, Rooms 58/59</td>
<td>Workshop 4: Cultivating Positive Relationships</td>
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For registration and payment go to: Trybooking link http://www.trybooking.com/182437

BOOK NOW
Who are the Course Facilitators?

Michelle McQuaid

Michelle McQuaid is a best-selling author, wellbeing teacher and playful change activator. She has helped schools around Australia translate cutting-edge research from positive psychology and neuroscience, into practical strategies for health, happiness, and success for students, teachers and parents.

An Honorary Senior Fellow in the Melbourne Graduate School of Education, she regularly writes for Psychology Today, Huffington Post and Live Happy and her work has been featured in Forbes, The Age, Wellbeing magazine and more. She holds a Masters in Applied Positive Psychology from the University of Pennsylvania and is currently completing her Ph.D. in Appreciative Inquiry under the supervision of Professor David Cooperrider.

Michelle lives to help people of all ages discover their strengths, move beyond their fears, and finally, learn what it takes to flourish with confidence.

Marie McLeod

Marie McLeod holds a Bachelor of Social Work, and Certificates in both Adult Education and Positive Education. She is Director of PoPey, providing practical Positive Psychology solutions to schools, Early Years providers, Social Service Agencies and families and a Senior Training Associate at Hawker Brownlow Professional Learning Solutions.

Marie has worked in senior roles in Child Protection, Neighborhood Renewal and with Accenture Consulting. In recent years, Marie found herself increasingly drawn to using positive psychology and appreciative inquiry, not only in her work but also at home.

Marie has three children, twins aged 11 and a son aged 9. Marie jokes that she is currently completing a Masters in Parenting – a daily work in progress.

Marie lives to transform the lives of others, through sharing evidence-based strategies for wellbeing. She is a graduate of the University of Melbourne’s Masters of Applied Positive Psychology Degree.
What You Will Learn

Strengths-Based Parenting Workshop Series

This series will introduce parents to a Strengths-Based Parenting framework developed by Professor Lea Waters. It will focus on how parents can immediately begin to identify and cultivate positive qualities, positive states and positive processes in their children (Waters, 2015).

The Strengths-Based Parenting Workshop Series is a unique opportunity to learn and apply the latest evidence based strategies from positive psychology and neuro-science for yourself, your children and your unique family circumstances, in a context that closely reflects the St Peter’s College Positive Education curriculum.

Booklets capturing the science, and ideas for getting start with Strengths-Based Parenting will be provided at each workshop, along with a list of further resources for reading, listening and viewing.

Workshop 1
Cultivating Positive Qualities

Monday 11 April, 2016 at 7:00pm
Miller Library Building, Rooms 58/59

Discover how to bring out the best in yourself and your children by making the awareness and development of strengths a natural part of your family (Seligman, Ernst, Gillham, Reivich & Linkins, 2009).

- With the assistance of the VIA Survey, you’ll identify your own strengths and find ways to develop these to more consistently, to be the parent you hope to be.
- You’ll be shown how to spot strengths in your family and map these to understand when you are each at your best and how you can build upon these to create the family experiences you most value (Linley, Willars & Biswas-Diener, 2010).
- You’ll be given the language to talk with your children about where their strengths might be underplayed or overplayed and how they can get them “just right” to achieve the outcomes they most desire (Biswas-Diener, Kashdan, & Minhas, 2011).

Workshop 2
Cultivating Positive States

Monday 9 April, 2016 at 7:00pm
Miller Library Building, Rooms 58/59

Discover why heartfelt positivity enables our brains to see more possibilities, bounce back from setbacks, better connect with others, and make it more likely that we will reach our potential (Fredrickson, 2009).

- You’ll be shown how to gauge how much heartfelt positivity and heart-straining negativity your family’s been experiencing and how this can help you uncover what happens on your best days and ways to build upon this, and what happens on your most challenging days and ways to manage this (Fredrickson, 2013).
- You’ll learn how children’s brains develop and why this can make cultivating positive states more challenging at different ages and what you can do to help your child when they’re “flipping their lid” (Siegel & Bryson, 2011).
- You’ll see how you can turn your biggest parenting challenges into “teachable moments” based on the latest brain science (Siegel & Bryson, 2014).
- You’ll be given a practical toolkit for creating more heartfelt positivity in your family (Fredrickson, 2009).

Workshop 3
Cultivating Positive Processes

Monday 23 May, 2016 at 7:00pm
Miller Library Building, Rooms 58/59

Discover how to challenge those stories and mindsets that hold us back and how to seamlessly embed this skill into everyday parenting moments, so you can ignite hope and confidence for the future your family most wants (Dweck, 2006).
What You Will Learn

• You’ll be shown how the beliefs you hold about your own abilities influence your children’s stories about what’s possible for them (Gunderson, et al., 2013).

• You’ll learn how to cultivate the mindsets that have been found to help children embrace new challenges, listen to feedback, not fear failure and put their best effort into each activity so they can achieve the goals that matter to them most (Yeager & Dweck, 2012).

• You’ll see how the way we praise children improves their resilience and outcomes (Dweck, 2007).

• You’ll be given practical tools to help cultivate the mindsets researchers are discovering improve performance and wellbeing in our children (Cimpian, Arce, Markman & Dweck, 2007).

Workshop 4
Cultivating Positive Relationships

Monday 6 June at 7:00pm
Miller Library Building, Rooms 58/59

Discover why relationships matter more than anything else you’ll do each day, the powerful difference it makes when you authentically connect and the power of Hope, to build optimism, resilience and increased achievement for yourselves and your children.

• You’ll learn how to model and create micro moments of connection and watch as positivity resonance creates upward spirals of warmth and trust in your family (Fredrikson, B.L., 2013).

• Learn to wholeheartedly pay attention to those you love using Active Constructive Responding, so that your children feel understood, validated and cared for (Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004).

• You’ll learn how hope has a positive impact on health, happiness, academic and athletic achievement and ways to build this for your children (Snyder et al., 2003).

• You’ll be given the chance to bring together the learning from all four sessions and create a Hope Map, embedding the changes you’ve made already and those you dream of making, in to your family.

What People are Saying about the Strengths-Based Parenting Workshops Series

“I think you obviously put a lot of effort into this course and are very passionate about it...which has resulted in a fabulous tool to help us all become the parents we want to be and create happier families...I really appreciate it.”

“My husband and I really got a lot out of it and it really makes sense. I often read books touching on this stuff but they so often don’t go into detail about how we can create this environment for ourselves.”

“Really found it extremely valuable to do as a couple and thought it was unbelievable value– You should charge more!! Thank you!”

“Thank you for the wonderful tips, hints, ideas and strategies provided through out the course. I truly believe they will be beneficial for my family. Thanks again”

“Having arrived thinking all I really needed was a wine and early night, I left feeling energised and positive about the opportunities for our family amidst the busy lives we lead! Let’s hope they all feel the same as I have them spend time thinking about each others strengths and talking about them this weekend.”

“I think these workshops are essential for us parents... bringing science and the real world together so we can be better parents. Thank you Marie and Michelle for your time, knowledge and inclusiveness.”
Enrolment Information

You will be asked to provide some personal information including what year your son(s) are enrolled at St Peter’s College.

How much does the program cost?

$295.00 per person
(Introduction lecture and 3 x 2 hour workshops)

$350.00 for a couple
(Introduction lecture and 3 x 2 hour workshops)

The comprehensive course fee includes all instructional materials and refreshments. Participants will receive a certificate of participation at the end of the course.

As the program fills quickly, early application is encouraged.

For registration and payment go to:
Trybooking link http://www.trybooking.com/182437

Cancellation Policy

Cancellations must be submitted in writing via email. Full refunds will be given up to 30 days prior to the start of the program. Due to program demand and pre-program preparations, cancellations received 29–14 days prior to the start of the program are subject to a fee of 10% of the program tuition. Cancellations received within 13 days prior to the start of the program and no-shows are subject to the full program tuition. Please note: cancellation fees are based upon the date the written request is received.

St Peter’s College reserves the right to change faculty or cancel programs at its discretion. In the unlikely event of program changes, the school is not responsible for non-refundable travel arrangements or other planning expenses incurred.

For further information please contact:
Margaret Pullen
Positive Education Administrative Coordinator
T: +618 8404 0436
E: mpullen@stpeters.sa.edu.au
References


Waters, L. (2015). The Relationship between Strength-Based Parenting with Children’s Stress Levels and Strength-Based Coping Approaches. Psychology, 6(06), 689.