Dr Suzy Green  D.Psyc.(Clin.) MAPS  
Founder, The Positivity Institute

Perth College recognises that parents are an integral part of their child’s education. As part of InsideOut, members of our school community are invited to a one-day training workshop, InsideOut for Parents, to learn more about this self-leadership programme.

The key theories of Positive Education and Positive Psychology, which underpin InsideOut and are taught explicitly to students will be explained and parents will learn how InsideOut increases the girls’ resilience, enhances wellbeing and creates a flourishing life.

You will learn:

- What Positive Education is, how it began in Australia and where it is heading now
- Why Positive Education is necessary – how it equips your children with life skills to succeed in an increasingly complex world
- The key research on Positive Psychology and its links to student wellbeing and academic outcomes
- How you can build resilience in your child by applying the concepts of Positive Psychology
- How goal-setting can benefit the whole family
- How you can support the work of the InsideOut programme

Date: Saturday 8 October  
Time: 10.00 am to 3.30 pm  
Venue: Founders Multipurpose Room  
Cost: $100 per person  
Register: www.trybooking.com/MWTE

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and founder of The Positivity Institute, an organisation dedicated to the research and application of Positive Psychology for life, school and work. Suzy is a leader in the complementary fields of Coaching Psychology and Positive Psychology, having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy was the recipient of an International Positive Psychology Fellowship Award and has published in the Journal of Positive Psychology. She lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney, for 10 years and is an Honorary Vice President of the International Society for Coaching Psychology. Suzy also currently holds honorary academic positions at the School of Business, University of Western Sydney, Melbourne Graduate School of Education, University of Melbourne, Institute for Positive Psychology and Education (IPPE), Australian Catholic University and the Black Dog Institute. She also an Affiliate of the Institute of Wellbeing, Cambridge University. Suzy was the ‘Stress-less Expert’ for Australian Women’s Health Magazine for eight years and maintains a strong media profile appearing regularly on television, radio and print. Suzy has also extensively consulted in the workplace and organisational sector providing keynotes, workshops and programmes for organisations such as AMP, UBS, Murdoch University and Starlight Children’s Foundation.