



Workshop 1: 7 essential dimensions of children's emotional well-being

Half-day Workshop – Workshop 1: Introduction to the 7 Dimensions of Emotional Well-being

Dr Jean Annan
Positively Psychology

In this half-day workshop, participants have the opportunity to:

1. Find out about seven essential aspects of children's well-being
2. Learn about the '7 Dimensions' framework and how it can support children's emotional well-being
3. Consider ways of applying this knowledge in participants' own workplaces.

WORKSHOP TOPICS

A. What is emotional well-being?

- a. Defining emotional well-being?
- b. Locating well-being in an interactive context
- c. Links between emotional well-being and early learning/school experience

B. The 7 Dimensions of emotional well-being framework

- a. Theoretical basis of the dimensions
- b. Purpose of the framework
- c. The 7 Dimensions: What are they?

C. Understanding well-being

- Recognising a strong sense of well-being?
- Indicators of circumstances in which students need extra support

D. Identifying foundations for growth

- Positive foundations for progressing well-being
- Collaborative understandings of dimensions

E. Supporting emotional well-being

- Brief discussion of classroom practices that pro-actively support children's emotional well-being.

CONTACT DETAILS

Email: jean@positively.co.nz

Telephone: 021 688 533

Venue: TBA

Website: positivelypsychology.com