



# 7 Dimensions of Emotional Well-being Workshops

## 2024

**Facilitator: Dr Jean Annan**

*Positively Psychology* is offering a series of three half-day workshops on building children's emotional well-being. The workshops are designed to support the work of practitioners from education and health sectors.

Children's emotions are now recognised as central to teaching and learning. Neuropsychology research has repeatedly demonstrated the interaction of children's emotions with learning and social development through early learning and school years. We now know that young people's social, psychological and academic experiences at school have life-long effects on physical health, mental health, life satisfaction and even longevity.

Participants in the workshops learn about seven critical aspects of emotional well-being and are introduced to the 7 Dimensions framework. This evidence-based and applied framework generates contextual, collaborative, culturally relevant and appreciative understandings of well-being that lead to positively-focused solutions. Participants can choose to take just the first session or continue through to the second and third workshops.

*Workshop 1: Introduction to the 7 Dimensions of emotional well-being*  
*Workshop 2: Practices that support children's emotional well-being*  
*Workshop 3: The 7 Dimensions for psychologists and educational consultants*

**Venue:** Workshops are scheduled by arrangement and in most cases are held in practitioners' work centres. Small groups (up to 5) can be held at *Positively Psychology*, Greenlane, Auckland.

**Cost:** Please contact *Positively Psychology* for charges. Standard charges and travel costs apply for groups of up to 30 participants. For groups of more than 30 participants, additional charges apply.

**Certificates:** Given for participation in all three workshops.

### CONTACT DETAILS

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Venue: TBA

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## 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.

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## Workshop 2: 7 essential dimensions of children's emotional well-being

**Half-day Workshop – Workshop 2: Practices that support children's emotional well-being**

Dr Jean Annan  
Positively Psychology

### Learning objectives

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

1. Discuss the indicators of the 7 dimensions in school environments
2. Learn about the relationships among '7 Dimensions' and how they contribute to focused, effective intervention
3. Recognise and expand practices that support children's emotional well-being.

**Note: The first workshop is pre-requisite to participation in this second workshop**

### WORKSHOP TOPICS

#### Working with students requiring additional support

- a. Brief revision of 7 Dimensions
- b. Relationships among dimensions – using links to facilitate support.
- c. Positive perspective – strengths and supports as essential elements
- d. Well-being in context – thought and language

#### Direct support and outcomes

- a. Indicators of children's well-being
- b. Direct support for safety and experience dimensions.

#### Proactive and reactive support

- a. Safe and meaningful learning environments for all children
- b. When additional support is required.
  - Making sense of children's feelings and emotions
  - Communicating understandings
  - Identifying key dimensions for planning

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## Workshop 3: 7 essential dimensions of children's emotional well-being for psychologists and educational consultants

**Half-day Workshop – Workshop 3: The 7 Dimensions for educators working in a consultant role**

**Note: This workshop is for educators working in a consultation role. The first and second workshops are pre-requisite to participation.**

Dr Jean Annan  
Positively Psychology

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

1. Learn about working collaboratively to support children's emotional well-being with others who implement programmes.
2. Discuss ways of establishing and maintaining positive, ecological notions of well-being.
3. Consider the need for both pro-active and reactive support for children's well-being
4. Exchange stories of participants' application of the 7D framework
5. Consider ethical and professional matters associated with supporting children's well-being.

### WORKSHOP TOPICS

- Collaborating with other educators to support students' emotional well-being
- Opportunities to share experience with application of the 7 Dimensions framework
- Opportunities to ask and answer questions raised during application of the 7 Dimensions framework
- Maintaining an appreciate and ecological (interactive) approach
- Locating well-being in the interaction between the resources a child brings to the situation and the opportunities available to them
- Proactive and reactive support to create safe and meaningful environments
- Ethical codes and their relevant to the use of the 7 Dimensions framework.

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