



Australian Childcare Alliance
South Australia

SATURDAY SEMINARS: From Functioning to Flourishing



Saturday 14th April 2018

ACA SA Member Registration: \$125pp inc GST

GO TO ACA SA EVENTS TO REGISTER

Quality improvement is a journey, not a destination, and Positive Psychology can be your cognitive compass to guide you in the right direction.

Join us to learn how the science of positive psychology can empower early childhood practitioners by reframing how we look at relationships, goal-setting, engagement, emotions and well-being, motivation and strengths.

Imbue your practice with a renewed sense of purpose, connect with your values to enhance your vision, and learn more about how we can care for our carers. *Look within, leap forward.*

SATURDAY 14TH APRIL, 2018

Education Development Centre,
4 Milner Street, Hindmarsh.

WHO SHOULD ATTEND?

Education Leaders and any childcare professional wishing to unlock their potential and bring about quality improvement in their centre and their life!



 **Montessori Child**

**Generously supported by
Montessori Management and
Mentoring and Montessori Child
Presented by Jessica Matheson
Hosted by ACA SA**

MEET JESSICA MATHESON

I've been teaching at Jescott for 13 years, with 8 years as Director, but it's been part of my life since I was 2 years old and attended there as a student in its inaugural class (the current generation of children find it very funny to pick 'little Jessica' out of the class photos from 1989!) I was proud to lead Jescott through its application and achievement of the 'Excellent Rating', and to contribute to the same process for our sister-centre Chancery Lane Montessori. I am a part-owner in two of the SA Montessori centres - Rosemont House Montessori and Lilliput Village Montessori - and with my husband Andrew I also operate my own online store and blog, Montessori Child, providing Montessori inspired tools, toys and treasures to Australian families and educators.

I have always been inspired by the interconnections between psychology and education, and I believe working in early childhood allows us to help children build healthy and strong mental landscapes that prepare them not only for future learning but for life itself. My interest in Positive Psychology blossomed from my desire to give the adults in my life the same opportunities to become their 'best selves' and I was proud to achieve my Diploma in Positive Psychology and Well-being in 2017.





PROGRAM

8.30AM ▲ Registration and Refreshments

8.45AM ▲ Welcome and Introductions

9.00AM **SESSION ONE:**

POSITIVE PSYCHOLOGY – A BRIEF OVERVIEW

- ▲ History
- ▲ Vision

EMOTIONS & WELL-BEING (QA5, QA6)

- ▲ Emotional regulation and management
- ▲ Learned Optimism

POSITIVE RELATIONSHIPS (QA4, QA5, QA6, QA8)

- ▲ Communicating with the Active-Constructive Model
- ▲ The Relationship Wheel

10.15AM ▲ Morning Tea

10.45AM **SESSION TWO**

POSITIVE ENGAGEMENT (QA1, QA4, QA5, QA6, QA7)

- ▲ Finding 'Flow'
- ▲ Leveraging Strengths

MOTIVATION & GOALS (QA1, QA7)

- ▲ Finding and harnessing intrinsic motivation
- ▲ Setting Positive Goals

12.00PM ▲ Farewells

GROUPS OF 1-5 ATTENDEES

Register at: <https://sa.childcarealliance.org.au/events>

Larger groups please contact Jan at: sa@childcarealliance.org.au

Book Early - Places are limited

ACA SA Member Price: \$125 inc GST

THE VENUE

Education Development Centre (EDC), 4 Milner Street, Hindmarsh, SA

FREE PARKING

The EDC Car Park is located on Orsmond Street approximately 50 metres north of the building and provides for up to 180 vehicles.

- ▲ ACA SA Saturday Seminars are designed to allow members and employees to attend important professional development events without the disruption to their service during opening hours, while minimising the impact on family time.
- ▲ Morning Tea is provided to allow the opportunity to stretch, refresh, encourage open discussion on the program and network. Vegetarian and Gluten Free options will be available, and attendees with other serious food intolerances are asked to advise us at least 7 days prior to the event via sa@childcarealliance.org.au