



- CANADIAN POSITIVE PSYCHOLOGY ASSOCIATION -
L'ASSOCIATION CANADIENNE DE PSYCHOLOGIE POSITIVE



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Think Ahead.



2nd Educating for Resilience Conference

Saturday November 7th, 2015 7:30AM - 6:00PM
Pre-Conference Workshop Friday November 6, 2015
Upper Canada College
200 Lonsdale Rd.
Toronto, ON, M4V 1W6

A Message From The President of the CPPA



Dear Conference Delegates,

Welcome to the second Educating for Resilience Conference. We are thrilled to bring together educators, teachers, counsellors and all those interested in improving the psychological health and resilience of our youth in Canada, together with some of the top international experts in this field. Positive Psychology is the scientific study of psychological well-being and our mission at the Canadian Positive Psychology Association is to raise awareness of the importance of focusing on improving psychological health by promoting the idea of prevention. Mental health programs and services within schools have often focused on addressing concerns related to mental illness, which is important; but positive mental health is more than the absence of mental illness. Research shows the importance of moving beyond a problem-focused approach to embrace a more positive view of mental health – a move towards psychological fitness.

This shift involves the recognition that psychological well-being is not only influenced by the absence of problems and risk variables, but is also impacted by the existence of positive strengths present within youth and conditions in their social settings that contribute to positive growth and development. The Educating for Resilience Conference will broaden your understanding of new paradigms and applications that foster the development of positive mental health by supporting the building of youth resilience, creating supportive school environments and providing a climate where students can flourish.

This year we have invited Jillian Darwish of the Mayerson Academy to deliver a one-day pre-conference workshop on the VIA Character Strengths. Our line-up of experts will give you a foundational understanding of positive psychology and how you can apply this learning in the classroom to build resilience. You will learn how to promote positive teacher/student relationships and create a positive school culture. You will hear from mindfulness experts and how to cultivate compassion and how character strengths can contribute to socio-emotional learning. You will learn about kindness in schools and how it can be nurtured. We have also invited a few educators who have successfully implemented resilience programs in schools to share their learning. Finally, we have invited Caroline Miller, a leader in the area of Grit to teach us a few things about what it takes to persevere.

We are not stopping there. Throughout the day we will be engaging you in a dialogue about what is truly needed in schools and what is needed to support educators. We invite all of you to join us for this incredible opportunity to learn from the best in the world and to be part of a movement towards psychological fitness for youth and educators everywhere.

A handwritten signature in black ink that reads "Louisa Jewell". The signature is fluid and cursive.

Louisa Jewell, MAPP
President
Canadian Positive Psychology Association

Pre-Conference Workshop

Friday November 6, 2015

9 AM - 4 PM

Location: TBD - Downtown Toronto

VIA Character Strengths: One-Day Intensive for Teachers

Facilitator: Jillian Darwish

In a recent Psychology Today article, resilience was described as “that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes”. In our increasingly turbulent and demanding world the need for resilience has likely never been more clear. But what does it look like to cultivate resilience? To answer this question, we will take a deep dive into one of the essential elements of positive psychology, that of character strengths. Character strengths reveal “who you are,” at your core and include capacities for thinking, feeling, willing, and behaving. They reflect what is best in you and can be viewed as part of your positive identity.

We will examine character strengths through the lens of the VIA Survey, a self-assessment tool created by Dr. Martin Seligman and Dr. Christopher Peterson. VIA is the only scientifically validated and freely available online tool to assess character strengths and have been taken by 2.6 million people in more than 190 countries.

In this highly interactive workshop participants will build their understanding of the concepts and research related to character strengths, explore their own character profile and signature strengths, understand how to capitalize on personal strengths and develop strategies and a plan to apply their unique character strengths to expand learning, motivation and performance in the face of challenges. Participants will leave with a plan to be at their best every day!



One Day Workshop

1. Overview and Welcome

2. What are Character Strengths?

Introducing the concept of focusing on “what is right with people” and the supporting research for the VIA virtues and values

3. Why Consider Character Strengths?

Exploring how individuals can be at their best through a review of character strengths research.

4. How to Recognize Character Strengths?

Examining what character strengths look like in practice

5. What Are My Character Strengths and How Do They Work?

Engaging in personal reflection based on individual VIA reports and plan for leverage and application opportunities

6. Conclusion

Moving forward with a plan to be at your best every day!

More about Jillian Darwish

Jillian currently serves as president of Mayerson Academy, a professional learning services firm dedicated to transforming individual, team and organizational performance through extraordinary learning experiences, making it possible for everyone to be at their best every day. Prior to her current role, Jillian has held leadership positions across the education sector, including work in philanthropy, public television, service agencies, higher education and the K-12 system. In her work at KnoweldgeWorks, a national education foundation based in Cincinnati, she led the development of a highly regarded and internationally distributed future trends publication, consulted and advised hundreds of organizations across the education sector to construct future-oriented organizational visions and strategies, developed multiple state collaborations to transform education, and created a robust, state-wide, teacher-to-teacher learning community. In her former roles, Jillian led teams to create widely distributed multimedia educational products and services, and received national recognition for the design and implementation of an organizational learning system. She is an award-winning educator who has delivered more than a hundred national and regional keynotes and panel discussions on innovation, the future of learning, and character strengths to build social emotional competencies and vibrant organizational cultures for learners of all ages.

Preliminary Agenda at a Glance

7:30-8:30	Registration and Networking with coffee
8:30-8:45	Opening Remarks and Welcome
8:45-9:15	Introduction to Positive Psychology Louisa Jewell, MAPP President, Canadian Positive Psychology Association
9:15-9:30	Networking Break
9:30-10:30	How to Build Resilience Through Teacher-Student Relationships and School Culture Greg Evans, Ph.D. CPPA Board Member and Director, the Happiness Enhancement Group
10:30-10:45	Networking Break
10:45-12:15	Supporting Change and Growth with Mindfulness and Compassion Laurisa Dill Director, Mindfulness Clinic
12:15-1:15	Lunch
1:15-2:45	The Lens of Character Strengths to Develop Social and Emotional Competencies for Learners of All Ages! Jillian Darwish, Ed. D. President, Mayerson Academy
2:45-3:00	Networking Break
3:00-3:30	Understanding Kindness in the School Context: Implications for Educators Holli-Anne Passmore, John Tyler Binfet
3:30-3:35	Stretch Break
3:35-4:15	Weaving Positive Psychology into Your Curriculum: Stories from the Front Line
4:15-4:30	Networking Break
4:30-5:30	The Moments that Make Champions Caroline Miller, MAPP Author, Speaker and Educator
5:30-5:45	Closing Remarks

An Introduction to Positive Psychology



From 8:45 AM
To 9:15 AM



Louisa Jewell, MAPP

Description:

Positive psychology is the scientific study of psychological well-being and human flourishing and explores the factors that allow individuals and communities to thrive. As students face increasing challenges and experience higher levels of stress, it is important to equip them with the tools and skills required to maintain psychological health and increase levels of resilience. In this interactive talk, Louisa Jewell will give you an overview and introduction to positive psychology and the pillars of the PERMA well-being model that contribute to psychological health. Louisa will explore the benefits of applying positive psychology for students, teachers and parents and describe the foundational research on which positive psychology is based.

More about Louisa Jewell:

Louisa is the Founder and President of the Canadian Positive Psychology Association and a graduate of the Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania. The MAPP program is the first master's program in the world that offers in-depth study of the science of human flourishing led by renowned psychologist, Martin Seligman.

Louisa is also a Consultant, Facilitator and Speaker with over 16 years of experience working with leaders and teams to create positive and productive workplaces through her evidence-based programs. Louisa is an instructor of positive psychology at the University of Toronto, OISE and the University of Texas. She leads the Positive Psychology Think Tank, one of the largest positive psychology practitioner groups in the world and she has developed and delivered several educational programs for counsellors and coaches on various topics in positive psychology for the Canadian Education and Research Institute for Counselling (CERIC).

Louisa is a contributing author for Positive Psychology News daily, Coach Magazine, Positive Psychology at Work (Wiley, March 2011), The European Handbook of Positive Psychology and blogs on Huffington Post. Louisa co-hosted a weekly radio show on CIUT.FM for three years where she interviewed a wide range of positive psychology experts on the topic of improving happiness at work.



Register now at <http://cppa.ca/event-1945847>

How to Build Resilience Through Teacher-Student Relationships and School Culture



9:30 AM -
10:30 AM



Greg Evans, Ph.D.

Description:

Research shows that social connection and support are prime predictors of student resilience and well-being, but what does really good support look like? In this practical session, we will go over what positive psychology, neuroscience, and evolutionary biology have to say about what underlies the most supportive and successful teacher-student relationships. In addition, you will learn some of the whole school approaches that have been successful in nurturing positive and high performing school cultures.



More about Greg Evans:

Greg Evans earned a PhD from the University of Queensland studying the area of positive psychology. Greg is currently the director of The Happiness Enhancement Group (HEG) which attempts to promote and increase happiness and human flourishing in individuals, couples, families, organizations, schools, and communities through the applied use of evidence-based positive psychology. He is the creator of The Applied Positive Psychology Program; A professional evidence-based certification course on the science, philosophy, and experience of happiness. Greg also works with organizations based on a large amount of research suggesting happiness (i.e., human flourishing or a state of maximum human functioning) is the primary precursor to success, rather than just the result or what is known in academic and corporate circles as the happiness advantage.

Supporting Change and Growth with Mindfulness and Compassion



10:45 PM -
12:15 PM



Laurisa Dill

Description:

Cultivating a mindset and emotional state that will allow one to safely acknowledge and engage with difficult experiences helps people make positive changes and interact effectively with their environment. In this workshop, Laurisa will explain how mindfulness-based compassion practices can help strengthen a secure emotional base from which to broaden and build on positive experiences. She will give a brief introduction of how these practices reduce stress and promote mental health. After her introduction she will then look at how self-compassion differs from self-esteem and how it ultimately helps with motivation and increasing resiliency.

More about Laurisa Dill:

Laurisa is the Director of the Mindfulness Clinic, a Psychology clinic that combines Mindfulness and Psychotherapy to help people with a broad range of difficulties. She is a Stanford trained certified teacher of the 8-week Compassion Cultivation Training program. She regularly presents and provides workshops to people in helping professions. In her presentation she will discuss definitions of compassion and demonstrate practices that can help you increase resiliency, courage and strength. She will describe specific mindfulness practices that focus on cultivating feelings of connection and purpose. She will also share how teaching others about compassion has helped her to guide others in finding motivation and commitment to make positive changes in their lives.



The Lens of Character Strengths to Develop Social and Emotional Competencies for Learners of All Ages!

Description:

In the midst of a dynamic and demanding world, educators and students alike face a wide variety of stresses. We see the detrimental impact of this stress in many ways, from decreasing rates of job satisfaction to increased incidences of depression at increasingly earlier ages. This need is giving rise to increased demand to implement effective educational approaches that promote not only academic success but adequately address the social and emotional needs of both educators and students alike. Research indicates that learners of all ages who possess strong social and emotional skills have improved relationships with peers and adults, are better adjusted emotionally, and have improved mental health. Together these outcomes help build resilience to respond to the escalating demands of life and, not surprisingly, they contribute to improved performance in school.

In this presentation we will examine how learners of all ages have built social and emotional competencies through an appreciative focus on personal, signature, strengths as defined in the VIA classification. We will explore practices utilized in school settings to identify, utilize and amplify strengths for personal development and within team and classroom settings. Participants will leave with practices and tools for applying the lens of character strengths to develop social and emotional competencies that will bring out the best in themselves, colleagues, and students every day!



From 1:15 PM
To 2:45 PM



Jillian Darwish
Ed. D.



More about Jillian Darwish:

Jillian currently serves as president of Mayerson Academy, a professional learning services firm dedicated to transforming individual, team and organizational performance through extraordinary learning experiences, making it possible for everyone to be at their best every day. Prior to her current role, Jillian has held leadership positions across the education sector, including work in philanthropy, public television, service agencies, higher education and the K-12 system. In her work at KnoweldgeWorks, a national education foundation based in Cincinnati, she led the development of a highly regarded and internationally distributed future trends publication, consulted and advised hundreds of organizations across the education sector to construct future-oriented organizational visions and strategies, developed multiple state collaborations to transform education, and created a robust, state-wide, teacher-to-teacher learning community. In her former roles, Jillian led teams to create widely distributed multimedia educational products and services, and received national recognition for the design and implementation of an organizational learning system. She is an award-winning educator who has delivered more than a hundred national and regional keynotes and panel discussions on innovation, the future of learning, and character strengths to build social emotional competencies and vibrant organizational cultures for learners of all ages.

Understanding Kindness in the School Context: Implications for Educators

Description:

This presentation is designed for educators curious to learn about students' and teachers' perspectives on kindness within school. Based on a series of recent studies asking over 2,500 Canadian students how they understand kindness at school, this talk will provide educators with insights into kindness (for example, that students demonstrate kindness in school in subtle ways that go unnoticed by educators, that boys and girls demonstrate kindness differently, and that students describe kindness in teachers as acts of teaching) and practical strategies for enhancing students' kindness (e.g., developing a bank of recipients for kindness is key before students plan kind acts). Findings discussed will include students' (kindergarten to 8th grade) and teachers' (elementary, middle school and high school) definitions of kindness, and the identification of kind locations and kind agents within schools.

Understanding how students define and perceive acts of kindness holds the potential to inform educators and administrators, parents, researchers, and, of course, students themselves, about the nuances of how kindness is understood and perceived within the school context. This is especially important for the potential it holds in informing programs or interventions aimed at increasing the frequency of kindness, or enhancing the nature of kind acts, performed within school contexts. Educators are increasingly asked to foster students' social and emotional learning; this presentation will provide attendees with a foundation for understanding how kindness is understood within schools and moreover, how they might integrate strategies to promote kindness within their learning communities.



From 3:00 PM
To 3:30 PM



Holli-Anne
Passmore, M.A.



John-Tyler
Binfet, Ph.D.



More about Holli-Anne Passmore:

Holli-Anne Passmore is a psychology graduate student at the University of British Columbia. Her research focuses broadly on well-being, with a particular focus on kindness and happiness in children, and on how experiences in nature can enhance well-being.



More about John-Tyler Binfet:

John-Tyler Binfet is an assistant professor in the Faculty of Education and Director of the B.A.R.K. (Building Retention through K9s) program at the University of British Columbia. His research focuses on the social and emotional well-being of students with an emphasis on conceptualizations of kindness within school contexts. Dr. Binfet is a former classroom teacher, principal, and school counsellor of over 20 years.

The Moments that Make Champions



4:30 PM -
5:30 PM



Caroline Miller, MAPP

Description:

Research shows that teachers often report disengagement and burnout because of the well-known challenges of being effective and resilient in such a demanding profession. In fact, one study noted that teachers thought that only those with a “true calling” should enter the profession. So it’s no surprise that teachers who are high in “grit” have been found to not just be happier, but they are also more effective in student learning. Caroline Miller will share why grit has been called the “secret of success” in life and in the classroom, and how we can all develop that character strength by changing how we think and behave every day.



More about Caroline Miller:

Caroline Adams Miller, MAPP is well-known coach, author, speaker and educator in the fields of empowerment, change, well-being and the science of goal accomplishment. Her fifth book, “Creating Your Best Life” (Sterling 2009), was the first book to connect the science of happiness with the science of goal-setting. Martin Seligman, the “father of Positive Psychology,” said in “Flourish,” that her book “added a major missing piece to the world of coaching” because of its ground-breaking and evidence-based connection between Positive Psychology and success.

Her newest book, “Positively Caroline,” (Cogent 2013) is a sequel to her best-selling “My Name is Caroline,” (Doubleday 1988, Cogent 2014) which was the first major autobiography by a bulimia survivor. “Positively Caroline” picks up where the first book ended, and includes a detailed look at how the science of flourishing can assist others with long-term addiction recovery.

Caroline is often in the media and has appeared in many radio, television and magazine stories, and was the first Positive Psychologist on satellite radio with XM’s “Positive Tip of the Day” between 2007 and 2009. She was named the 2012 Good News Ambassador by the Good News Network, and received the Mentoring award from the George Washington University School of Business in 2013 for her decades of helping others to achieve their goals.

Caroline’s next book, “Authentic Grit,” will discuss why this character strength is so important to a flourishing life, how to get it, and who has it.



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The mission of the Canadian Positive Psychology Association (CPPA) is to improve the psychological health of all Canadians through the research and application of positive psychology across Canada. Positive Psychology is the scientific study of psychological well-being and flourishing and is supported by rigorous academic research from scholars around the world.

To continue your learning, become a member today.

www.cppa.ca

Pricing

Early Bird: Up to October 1st 2015	
Non-Member	\$169
Member	\$149
Student Member	\$80
Student	\$110

Standard Pricing: October 2nd and on	
Non-Member	\$195
Member	\$165
Student Member	\$90
Student	\$120

Register now at **<http://cppa.ca/event-1945847>**

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