



Mick Walsh

Mick Walsh has been a leading social-emotional wellbeing and resilience author, educator and speaker across Australasia and internationally for many years. As a highly experienced former college leader and an avid researcher of positive psychology, he created the evidence based Learning Curve Resilient Wellbeing Program, comprising student and teacher planners/journals and a comprehensive supporting website www.learningcurve.com.au. It is used in over 20 countries globally.

It supports students and teachers to explore how to become their best possible selves. Mick believes that for our young people to enjoy meaningful and fulfilling lives, they need to understand how to cultivate and sustain respectful relationships by showing that other people matter.

Mick believes that student wellbeing is reliant on their teachers enjoying a healthy state of wellbeing themselves. To enable this, Mick conducts staff wellbeing seminars for schools around the world and runs similar sessions via Skype/Zoom/Webex for remote and overseas schools that he is unable to visit. He also created a series of ten weekly wellbeing videos and worksheets for the Australian Education Union, to address their members' personal wellbeing concerns.

Mick is a dynamic and inclusive communicator, who is keenly sought after to present at State, National and International conferences.

Several case studies of Mick's work with schools follow:

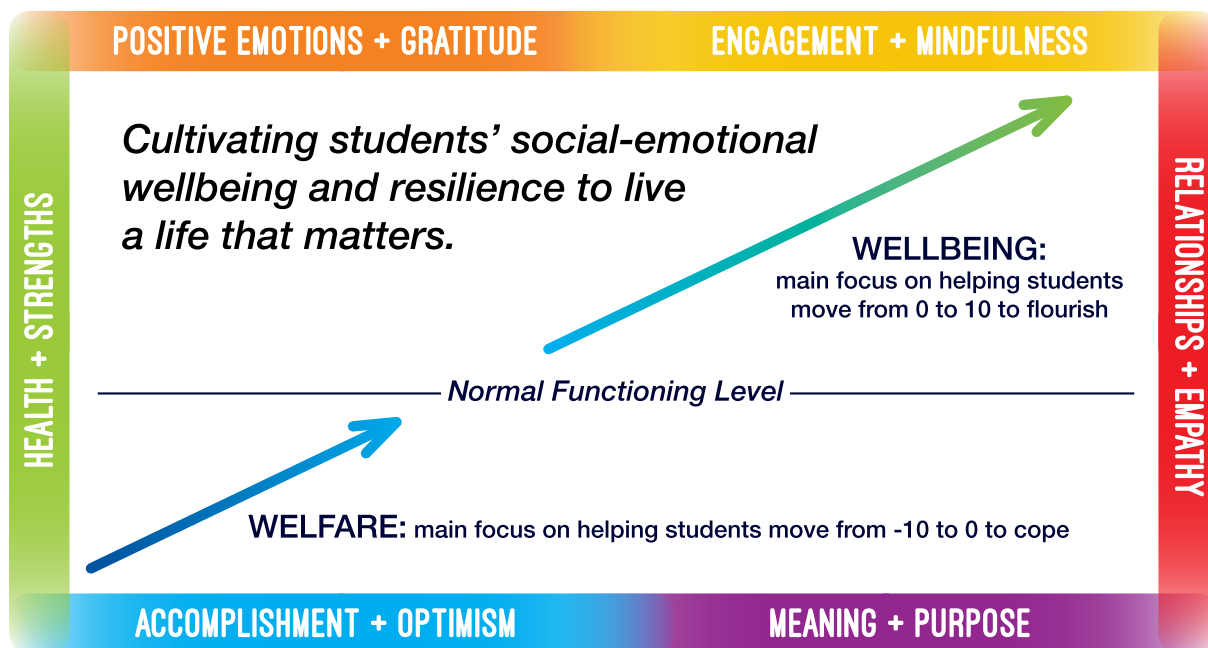
"Mick's message about staff wellbeing was spot on! How can we work hard to ensure our students' wellbeing if we're not looking after our own? Mick wove a combination of psychology, physiology and practical activities into a three hour seminar that was inspiring, light-hearted and lots of fun. He set the tone for a year of reflection and action to improve our own and our students' wellbeing. We'd have him back for sure, and recommend him to other schools without hesitation! Thanks Mick." Elizabeth College, TAS

"The most inspiring professional development I have ever participated in." Australian Independent School Jakarta

"Mick professionally developed our staff to focus on their own social and emotional wellbeing. To say that Mick just 'delivered' on his brief would be a monumental understatement as his presentation was truly transformational for our staff. The messages which Mick shared with our staff were incredibly powerful with many staff reporting that what they had learnt about their own and their family's wellbeing was invaluable. As one staff member quoted "this was the best PD that I have ever had, what I have learnt has changed how I view my life, my family and the students I teach." Elanora SHS, QLD

Forums Mick has presented at: Keynotes and Workshops

- Dubai: Knowledge and Human Development Authority's (KHDA) students' and teachers' wellbeing in 200+ schools.
- Indonesia: conducting Staff Wellbeing for Jakarta's International Schools.
- State Positive Schools Conferences.
- Asia: East Asian Regional Council of Schools (EARCOS) Annual Conferences.
- Preservice Teacher Wellbeing Seminars.
- International Positive Education Network Confident Child Summit.
- Positive Education School Association (PESA) Conferences.
- International Spectrum TV Forum on Student and Staff Wellbeing and Resilience.
- Australian State and Regional Principal Conferences.
- New Zealand Deputy and Assistant Principal Conferences.
- Australian Council of Educational Leaders National Conferences.
- Australian Council for Health, Physical Education and Recreation National and State Conferences.
- Teachers Matter Conferences.
- Oceania Olympics' Annual Conferences and Congresses.
- Professional Development Network (PDN) Conferences.
- Organising Committee of International Sports Medicine Conferences.



Mick believes accurate school wide language underpins the cultivating of a robust whole school resilient wellbeing culture. This includes, growth mindset, active constructive responding, feedback, acts of kindness, savouring, assertive language, grit, character strengths, emotional literacy, help seeking, social connectedness, empathy, gratitude, mindfulness, engagement, optimism, resilience, respectful relationships, self-talk, coping strategies, flexible thinking, self-regulation, self-awareness and so on.

Mick has also created the following wellbeing resources:

- A wealth of evidence-based activities on the Learning Curve website www.learningcurve.com.au
- A Boys' Wellbeing Journal to assist them to transition psychologically through puberty.
- Resilient Wellbeing planners and teacher user manuals for students and teachers.
- Wellbeing journals, planners and teacher lesson plans for P, 1-2, 3-4, 5-6, 7-8, 9-10 and 11-12 students.
- Over sixty interactive higher order thinking tools.
- Respectful Relationships resources for teachers to use with P, 1-2, 3-4, 5-6, 7-8, 9-10 and 11-12 students.
- Co-authored an MYP students' ATL's workbook for the MYP program.
- Contributing Author to Current Positive Education Book publication.
- Athlete wellbeing journal for Oceania teams for the London Olympics.
- Wellbeing notebooks for the MARS Corporation employees.
- Service station/convenience store wellbeing journal.
- Numerous Positive Education and Wellbeing articles for newspapers, magazines and professional organisations.

To arrange for Mick to conduct staff social-emotional resilience and wellbeing professional development, please contact him via:

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or www.learningcurve.com.au

www.learningcurveathome.com