



## **Panel Briefing**

### **Wellbeing in Higher Education**

**Date:** 22/09/2016

**Time:** 10:00 – 10:50

**Venue:** Ballroom A (250 Capacity), Level 1, Hilton Adelaide, 233 Victoria Square, Adelaide SA 5000

**Chair:** Mrs Kate Cutts, Director of Teaching & Learning, University Senior College

#### **Panel:**

Ms Chris McCann, Director, Community Services, Health & Lifestyle, TAFE SA

A/Prof Lindsay Oades, Director, Centre for Positive Psychology, University of Melbourne

Dr Aaron Jarden, Senior Lecturer in Psychology, Auckland University of Technology

Dr Jordan Bell, Dean, Lincoln College

A/Prof Christian van Nieuwerburgh, Executive Director, Centre for Coaching and Behavioural Change, Henley Business School, University of Reading

#### **Running Sheet:**

09:30 – 09:30	Panel to report to Green Room (Suite 2, Level 1, Hilton Adelaide)
09:30 – 09:45	Meet and Greet with Chair
09:45 – 09:50	Panel transferred to Plenary
09:50 – 10:00	Stage briefing and Panel on standby for discussion
10:00 – 10:05	Panel Topic Introduction (Chair)
10:05 – 10:30	Individual Panellist Introductions (5 x 5 minute introductions) facilitated by Chair
10:30 – 10:40	Open discussion between panellists facilitated by Chair
10:40 – 10:50	Q and A with Audience

#### **Key Contact**

If you are running late for any reason on the day, please urgently contact:

##### **Sam Wright**

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**Mrs Kate Cutts, Director of Teaching & Learning, University Senior College**



Kate Cutts (B.Sc., Grad. Dip. Ed.) is Director of Teaching & Learning at University Senior College where she teaches senior secondary Psychology. Kate has a long-standing commitment to the delivery of secondary Psychology curriculum, working closely with fellow teachers and the broader education community through the SACE Board of SA and South Australian Science Teachers Association (SASTA). Kate lectures in Psychology Curriculum and Methodology at the School of Education, University of Adelaide. In 2012, she developed an academic curriculum in Positive Psychology for Year 11 students in addition to contributing to a senior secondary pastoral care program entitled 'Why Be Positive?'. As a teacher affiliate of the Australian Psychological Society, she has acted as liaison on secondary psychology education, including the development of an Australian Curriculum in Psychology. Kate is currently completing a Master of Education degree at the University of Adelaide with a dissertation on facilitating posttraumatic growth in senior secondary students.

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**Ms Chris McCann, Director, Community Services, Health & Lifestyle, TAFE SA**



Chris McCann is Director of the Community Services, Health and Lifestyle Business Unit in TAFE SA with educational staff distributed across more than 20 campuses in South Australia. The unit covers a wide range of vocational areas including Aged, Disability, Children's services, Allied Health, Nursing, Dental, Family Support, Youth Work, Mental Health, Counselling and Positive Psychology. With over 20 years' experience in VET and previous roles in secondary education, counselling and community development, Chris McCann holds a BA (Psychology), Diploma of Education, Graduate Diploma in Adult & Further Education, Master of Education (Adult Education).

Chris is the sponsoring Director for the TAFE SA Wellbeing and Resilience Strategy which, in partnership with the Wellbeing and Resilience Centre in SAHMRI, is leading a whole of organization capacity building program for staff and students.

**A/Prof Lindsay Oades, Director, Centre for Positive Psychology, University of Melbourne**



Associate Professor Lindsay G Oades (MBA with Distinction, PhD) is Director of the Centre for Positive Psychology, Melbourne Graduate School of Education, University of Melbourne. Lindsay's formal training is in psychology and business. Lindsay's PhD was in Clinical Psychology and he was previously a Member of the Australian Psychological Society and College of Clinical Psychologists and College of Health Psychologists.

In March 2015 Lindsay was invited to move from his position (School of Psychology and Sydney Business School) of over 15 years at the University of Wollongong to work at the Centre for Positive Psychology at the Melbourne Graduate School of Education,

University of Melbourne.

**Dr Aaron Jarden, Senior Lecturer in Psychology, Auckland University of Technology**



Dr Aaron Jarden is a senior lecturer in psychology at Auckland University of Technology, Auckland, New Zealand. His current research and projects include: The International Wellbeing Study, The Tuesday Program (and in Spanish: El Programa de los Martes), The International Journal of Wellbeing, The New Zealand Association of Positive Psychology, The Sovereign Wellbeing Index (video), Wizards of Wellbeing (Workplace Wellbeing Resources), Camp Wellbeing, Assessing Wellbeing in Education: School wellbeing assessments, Work on Wellbeing: Wellbeing assessments, 3rd Wellbeing and Public Policy conference 2016; Developing four graduate papers in positive psychology at AUT, Business Wellbeing Retreats; Book: The recipe for human potential; Heart of Wellbeing: Digital wellbeing tools and courses; and a book: The year of living maximally.

**Dr Jordan Bell, Dean, Lincoln College**



Dr Jordan Bell uses psychology, education, community and research to explore and foster human potential. After gaining a PhD in Clinical Psychology with a focus on resilience in primary-school-aged children, Dr Bell worked as a Psychologist in private practice. She is now the Principal Psychologist and Director at Juno Psychology. In addition, Dr Bell is the Dean of Lincoln College, in South Australia. In this role, she is responsible for a Wellbeing program, providing pastoral support to underpin students' individual and community experience at Lincoln. She also supervises an extensive academic program to enhance and complement residents' independent learning, including provision of a robust and lively peer support program. Dr Bell lives on site at Lincoln with her family, and as a result, she is deeply engaged in the lives of residents as individuals in their tertiary education journey.

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**A/Prof Christian van Nieuwerburgh, Executive Director, Centre for Coaching and Behavioural Change, Henley Business School, University of Reading**



Christian is a highly regarded executive coach, leadership consultant and academic with an international reputation. He is the Executive Director of the Centre for Coaching and Behavioural Change at Henley Business School in the UK. He is also Editor-in-Chief of Coaching: An International Journal of Theory, Research and Practice and the Director of Research for Growth Coaching International (GCI). Christian is considered a thought leader in the areas of coaching in educational settings and the integration of coaching and positive psychology in professional contexts. He is the author of An Introduction to Coaching Skills: A Practical Guide (Sage, 2014) and the editor of Coaching in Education: Getting Better Results for Students, Educators and Parents (Karnac, 2012) and Coaching in Professional Contexts (Sage, 2016). He has significant experience of delivering executive education to clients in the UK and internationally. He is interested in the interplay between theory, research and practice in coaching.