

Wellbeing that Works



Principals Australia Institute provides :

Professional learning and tools to develop a whole school approach to mental health and wellbeing that makes a real difference to the wellbeing of young people and school staff





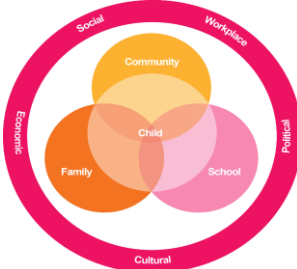
Australian Government funded mental health initiatives for schools

assisting them to strengthen their capacity to **improve the mental health and wellbeing** of their children & young people

through the provision of **professional learning opportunities, resources and support.**






Socio-ecological model


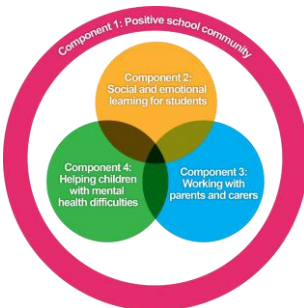



(Adapted from Bronfenbrenner Ecological Systems theory (1977))

Refer: Essential Reading p.7

KidsMatter and MindMatters use strength based resilience approaches to improve the wellbeing of the whole school community






workON
workplace health and wellbeing

- The Folder
- Leaders Personal Workbook
- Leaders handbook
- Staff handbook
- Mobile App
- Help sheets
- Plans



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Learning. Leading.



Don't wish for wellbeing ...Make it a reality!

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www.pai.edu.au
www.mindmatters.edu.au
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