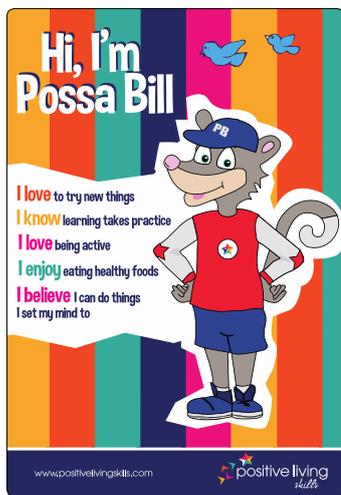


Australian communities are struggling with violence bullying anxiety depression and more. Educators and teachers are more stressed than ever, curriculums are packed, and families are wondering how to support their children and themselves to live life with balance and fulfilment.

Primary Schools and Early Learning Centres are the focal points of our communities, and we all want to live and have our children learn in safe supportive and inclusive environments.

Once young people reach high school it can be very challenging to treat or reverse the effects of poor self-esteem, and developed problems are incredibly challenging to turn around.



## A 'whole of learning community' approach is needed.

If you are an Educator, a Wellbeing Coordinator, School Counsellor, School Principal or Early Learning Service Owner Director/Manager, then you need to know how to take a proactive and collaborative approach to embed a culture of Wellbeing throughout your School or Service community to help support yourself and your team, and the children and families you serve.

### The evidence based Positive Living Skills initiative includes:

- ✓ The Positive Living Skills Early Childhood Wellbeing Program
- ✓ The Positive Living Skills Primary School Wellbeing Program
  - ✓ Educator Professional Development
- ✓ The PLS online family portal 'The Family Link'

### What educators and parents are saying:

'There was a gap there, a need for us to find a program that would help us support the children and the families in our community. The program helps children to acknowledge their feelings, to communicate, to relax, to get along with others, and Possa Bill and his mottos have taught us a lot about the sort of people we want to be.' Rebecca Cragg, Director, Logan Reserve, Qld; '*PLS engages with the children at their linguistic and cognitive levels and teaches them about wellbeing strategies using learning experiences which the children enjoy, practice, repeat and ultimately remember and incorporate into other areas of their lives*' Charles Sturt University researchers; '*We have been able to implement Possa Bill into our own family life including with my youngest who is yet to attend School. If the kids are upset or can't do something we always ask, 'What would Possa Bill do?'*' Nicole Norris, parent, Crestmead, Qld; '*I love the program. To be able to assist a child, a family, with mental health, and if I can impact kids from such a young age, I'm more than happy. That's my main goal.*' Fotini Tsilnikos, Director, San Souci NSW; '*It's very easy, it's very practical, we have all the guidelines in the booklets*', Educator, Sydney, NSW. 'Children now have a forum to discuss their feelings, a safe place where their emotions can be supported and seen as important and an opportunity to focus on positive feelings' Primary Teacher, NSW



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