



**CATHOLIC
EDUCATION
MELBOURNE**

PROFESSIONAL LEARNING

Principals' Wellbeing Program 2020

When

Workshop 1: 22 April 2020

Webinar 1: 4 June 2020

Webinar 2: 25 June 2020

Workshop 2: 21 July 2020

Where

Catholic Leadership Centre
576 Victoria Parade
East Melbourne

Who should register

Current and acting school principals in the Archdiocese of Melbourne.

Cost

Nil

How to register

Register on the CEVN website
<https://cevn.cecv.catholic.edu.au>
under *Professional Learning / OPL* by **1 April 2020**.

Overview

To support principals in developing tools for sustained wellbeing, the Leadership Development team at Catholic Education Melbourne has partnered with the National Excellence in School Leadership Institute (NESLI). Together, they are offering all current and acting principals the opportunity to participate in the Principals' Wellbeing Program 2020. This professional learning session aims to support principals to better understand and proactively manage their day-to-day health and wellbeing so as to be more effective role models within their schools.

The program has been designed to bring school leaders together within a supportive and collaborative context and to encourage open and honest discussion about health and wellbeing.

After participating in this program, leaders will be able to engage in reflection about their own wellbeing and explore practical strategies and interventions to enhance it. They will also be able to help increase social capital in their schools and find new ways to lead wellbeing conversations with their staff and students.

A fundamental outcome for the program is for cohorts to develop and function as ongoing peer support communities.

Once principals have registered they will be sent a pre-program survey.

The program's structure is as follows:

Pre-program survey: Wellbeing and Social Capital

Workshop 1: Organisational Wellbeing and Psychological Safety

Webinar 1: Managing Emotional Demands

Webinar 2: Conflict and Communication

Workshop 2: Coping Strategies

Post-program survey: Wellbeing and Social Capital.

Please note, this program is fully funded by Catholic Education Melbourne.

Register for this activity on OPL via the CEVN website.

ACTIVITY NAME	Principals' Wellbeing Program
ACTIVITY CODE	20LED350A
ACTIVITY DATE	22 April 2020
CLOSING DATE	1 April 2020
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