

Presenter:	Adrienne Buckingham
Organisation:	New Zealand Institute of Wellbeing and Resilience
Position:	Facilitator and trainer
Abstract title:	Choosing a wellbeing model for your school
	<p>A wellbeing model is an over-arching framework that highlights and communicates the multi-dimensional nature of wellbeing. Adrienne Buckingham will discuss the value of wellbeing models in schools and variety of models currently being used within Aotearoa NZ and around the world. She will explain the concept of Wellbeing Literacy and why we want to build it in our rangatahi, and how wellbeing models can support it through development of a shared language and understanding of wellbeing. 'As with much of wellbeing, one size doesn't fit all – finding the right model for your context is important ', says Adrienne.</p> <p>Adrienne is passionate about the benefits of taking a psychological approach to enhancing student engagement and teacher/student wellbeing. An experienced teacher (with over 15 years working with adolescents and their families both here and internationally), she has a Diploma in Positive Psychology and Wellbeing and is the developer of MenFit, a classroom programme for 14 year old boys, demonstrated to improve wellbeing. She works as a facilitator and trainer with the New Zealand Institute of Wellbeing and Resilience. She is currently completing a Masters research thesis on wellbeing in education.</p> <p>A curriculum leader in two schools and, with the last 7 years spent in pastoral care focusing on behaviour management, student wellbeing and supporting staff, her deep knowledge of school context and the NZ curriculum, as well as wellbeing and resilience, are key assets she shares with schools. Her zest for her subjects and students is palpable, and her empathy and relational skills fundamental to the work she does to support wellbeing teams in schools.</p>