



Strengthening Psychological Capital



One powerful way to strengthen occupational well-being is to strategically, deliberately and intentionally focus on strengthening one's psychological capital (according to psychologists this consists of hope, self-efficacy, resilience and optimism).

Psychological capital is less well-known as a framework in educational circles. It has a strong research basis and importantly for educators, learners in classrooms & learning spaces value highly those teachers who communicate in words and actions hope, self-efficacy, resilience and optimism. These facets underpin teacher credibility which according to John Hattie is a high impact teacher characteristic (effect size 0.90).

Strengthening our Psychological Capital is a powerful framework because it enables us to take responsibility for our own occupational well-being without leaning heavily on others. [Discover its profound impact on staff in one New Zealand school](#)

To find out how we could assist you select the appropriate link - [Specialist Schools](#), [Mainstream Schools](#) or [RTLb](#).

If you are interested in seeking more information on how we could support you, your school or colleagues from across your Kāhui Ako to enhance their occupational well-being by investing in psychological capital please [contact us](#) and we will always do our best to provide you with whatever it is you seek including the names of school leaders who can vouch for the support we provide.



CONTACT DETAILS

Tony Burkin
Accredited PLD Provider
t.burkin@interlead.co.nz
021 729 008
www.interlead.co.nz