

Flourish

Applying Positive Psychology for Personal and Professional Growth

A great opportunity to reflect and to reset.

Let's go hunting together for what it is to live your best life.



When: Tuesday 22 September 2026, 9am – 12pm
Friday 20 November 2026, 9am – 12pm



Cost: \$185 +GST for both sessions



Where: Kōwhai Specialist School
Therapy meeting room



For all leadership
and teachers who
want to be the
best they can be
both professionally
and personally.

See you there!

CONTENT:



- Tap into the meaning of life.
- Discover some ways to enhance your life.
- Unveil who you are and what do you stand for.
- Explore what the research says in navigating life's toughest times.
- Learn some practical strategies for managing work pressure.
- Fill your kete with gems that will enable you to move forward positively.

Who are we?



Judith has worked for InterLEAD for the past 18 years and her 'why' for this mahi comes from seeing the difference positive psychology can make in people's lives. She believes that when we take time to understand what gives us strength, meaning and purpose, we are better able to face challenges, support others and live and lead with greater confidence and wellbeing.



Angie is the Deputy Principal at Kōwhai and also leads the outreach team, supporting ORS funded ākonga and their teams within local mainstream schools. She has recently gained her Diploma in Positive Psychology and Wellbeing (The Langley Institute) and she is passionate about supporting staff wellbeing which ultimately improves professional practice and positively impacts student outcomes and wellbeing.

Optional extra: Zoom session with Angie or Judith \$120 +GST



*Together we are excited to
share tips and tools to support
you to flourish.*

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<https://www.interlead.co.nz/?p=24667>

