



POSITIVE PSYCHOLOGY INSTITUTE

Dr Paula Robinson, PhD

**Consulting Psychologist,
Author & Speaker**

Specialising in Positive Psychology, Wellbeing &
Mental Fitness for Individuals, Organisations, Schools
& the Community



Following a career as a senior executive, Dr Paula Robinson is now a registered, consulting Psychologist, author, speaker and Managing Director of the Positive Psychology Institute. Paula specialises in the science, application and integration of traditional Psychology and Positive Psychology. Paula has completed her Bachelor of Science with first class honours and her Ph.D in Positive Psychology with a mental fitness focus, as well as numerous research studies, book chapters, invited presentations, workshops and strategic positive change programmes for government, private organisations, schools and the wider community. Paula has been invited to present at conferences in Australia, Paris, Doha, Singapore and China on her work with schools and organisations. Paula has worked with over 500 schools, training and implementing both large and smaller scale Positive Education initiatives for leaders, teachers, students and parents. Paula has performed numerous expert advisory panel and media roles and is currently a lecturer for the University of Wollongong, Sydney Business School, Laureate Universities and guest lecturer at Melbourne University's Graduate School of Education. Paula has recently released the 2nd edition of her first book in applied Positive Psychology in education, titled *Practising Positive Education: A Guide to Improve Wellbeing Literacy in Schools* which has received exceptional reviews and the first edition has sold out.

SYDNEY: SUITE 416, ST JAMES TRUST BUILDING
185 ELIZABETH ST SYDNEY NSW 2000
HUNTER REGION: 38 KEN TUBMAN DRIVE MAITLAND NSW 2320
TEL +61 2 9264 3474 MOB +61 (0) 411 231297
paula@positivepsychologyinstitute.com.au
www.positivepsychologyinstitute.com.au