

MEDIA RELEASE

Monday, 9 February 2020

International experts in wellbeing and resilience attracted to the Central West to help regional NSW thrive

Strong Central West 2020 Conference - 30 April, 1 May - Scots All Saints College, Bathurst NSW

With the recent challenges facing regional NSW including drought, bushfires and extreme weather events, educators, businesses and the community will gain valuable skills and knowledge to help them overcome setbacks and flourish in a one-of-a-kind, new regional conference.

As the first professional and personal development conference of its kind for the region, APPLI and Scots All Saints College are proud to present *Strong Central West 2020* - a conference to collaborate, learn, celebrate and promote the wellbeing and resilience of the Central West.

Leading international author, speaker and CEO of APPLI (Applied Positive Psychology Learning Institute), Dr Paula Robinson said it is important to build positive habits of wellbeing at school, work, and life.

"We believe the Central West thrives when our community members are at their best. That is why Strong Central West 2020 brings together local schools, workplaces, families, senior citizens, community members and government to discover how we can thrive across all facets of work and life," Dr Robinson said.

"Across 3 streams of education, community and business, this personal and professional development opportunity is for the whole community with world-renowned experts in the field of wellbeing, resilience, Positive Psychology and Mental Fitness coming to Bathurst and bringing their 'how to' approaches."

An impressive line-up of more than 15 leading experts share their experiences at *Strong Central West 2020* including:

Professor Jane Burns - Mental Health and Wellbeing Innovator, Chair of the Centre for Mental Health at Swinburne University, Chair of the National Advisory Council for the Veterans and Veterans Families Counselling Service. Jane is particularly dedicated to co-designing wellbeing initiatives with industry, and promoting wellbeing for youth, veterans and those living with disability.

Professor Toni Noble Speaker, Author and Psychologist - former teacher, educational psychologist and co-author of the award-winning *Bounce Back* programs. Toni has been involved in major government projects including the Australian Government's Revision of the National Safe Schools Framework, the Safe Schools Hub, the Student Wellbeing Hub, and the Australian Government's Scoping Study on Student Wellbeing.

Dr Lee Styger Executive EMBA Director at Sydney Business School - over 20 years industrial experience in business evolution and new product development, Director of Australia's number one EMBA Program at the University of Wollongong, Sydney Business School. A creative, innovative and thought leader, committed to promoting wellbeing in education and business.

Leading Australian Educator and Head of Scots All Saints College, Mr John Weeks said: "I have seen firsthand how Positive Psychology can play a crucial role in reducing depression and anxiety within the school environment and helps to develop important skills needed throughout life. The overall aim is to support and improve the social, physical, spiritual and academic fitness of the community by increasing mental resilience. This enables people to flourish and have meaningful lives."

"With pressures of full schedules and day to day family responsibilities, life can be challenging for both parents and their children. It is not surprising that families forget to focus on their own wellbeing which can lead to stress, poor family relationships, feeling anxious and overwhelmed," he said.

"This conference aims to equip all attendees with the knowledge and practical 'how to' tips to build agile, self-starters, who can problem-solve and persevere, confident in their own ability to lead a meaningful and fulfilling life. These life skills are essential to ensure people perform at their best and can be resilient to the stresses they may encounter in their daily life.

"Together, Central West organisations and wellbeing experts will share their knowledge on how to improve and sustain wellbeing for all people living, working and teaching in the region. The program will feature local case studies, practical application of cutting-edge scientific research, interactive workshops, and exciting experiential activities," he said.

Organisers are currently seeking the involvement of organisations and individuals in the region who may benefit from partnering with experts and sharing their experiences in wellbeing and resilience as regional case studies and sponsors. Applications close on 10 March 2020 via this link: <https://appli.edu.au/strongcw2020>

Strong Central West 2020 plans to build sustainable long-term programs to create a strong, thriving Central West. This conference will be of value to everyone interested in the positive outcomes that come from improved wellbeing and resilience including educators, business, government and industry leaders, managers, government leaders, doctors, nurses and health care professionals, parents and grandparents.

Early bird registrations are now open for 2-day conference for \$595 until 10 March 2020. Scots All Saints College families and members of local and regional Business Chamber organisations receive a discounted rate with a promo code. Visit the official conference website to secure your place:

<https://appli.edu.au/strongcw2020>

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Editor's Note:

The conference will be held on Thursday 30 April and Friday 1 May at Scots Campus, O'Connell Road, Bathurst NSW. Media partners and sponsors will be announced shortly.