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Oral Presentation

Positive Education and Flourishing Schools: Strategies for Building Well-Being and Resilience in Students and Staff

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Abstract

Positive education focuses on helping students not only achieve academically, but also to thrive. This workshop will consider what well-being and flourishing is and how well-being science applies to education. Core constructs and positive interventions that can be used with individuals, groups, and organizations to build well-being and resilience will be explored. Specific activities that can be used with students and staff will be provided.

Keywords: Positive Education, Students, Flourishing Schools.

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