

Paul Weinert – Executive Director - Lutheran Education South East Region (Nsw, Vic, Tas)

### **Positive Psychology and Inner Leadership**

The schools we work in are rich and varied social environments in which many interactions, relationships and processes are played out. The complexity of these interactions and relationships often makes them difficult and demanding for leaders.

This workshop will highlight tools to maintain a positive mindset during adverse school situations and begin to engage in inner leadership in school settings. The workshop is built upon the premise that, in order to lead others, you must first lead yourself.

It will position 'emotional preparedness' as a foundation for school leadership and will explore the core principles of positive psychology and strength based approaches to leadership as a means of developing relationships which influence people to perform their best.