



ST ANDREW'S COLLEGE

INVITATION TO A WORKSHOP ON POSITIVE PSYCHOLOGY

WITH MR SIMON MURRAY

Positive psychology is a scientific approach to studying human thoughts, feelings, and behaviour with a focus on strengths instead of weakness, building the good in life instead of repairing the bad, and taking the lives of average people up to “great” instead of focusing solely on moving those who are struggling up to “normal”

Martin Seligman is acknowledged as one of the most influential voices in this field. After making a name for himself researching learned helplessness, he turned his attention to other traits, characteristics, and perspectives that could be learned. He found what he was looking for in resilience and learned optimism, findings that became the groundwork for his widely administered resilience programs for children, among others.

Seligman grew frustrated with psychology's overly narrow focus on the negative; so much attention was paid to mental illness, abnormal psychology, trauma, suffering, and pain, and relatively little attention was dedicated to happiness, well-being, exceptionalism, strengths, and **flourishing**.

Positive psychology focuses on the positive events and influences in life, including:

Positive experiences (like **happiness, joy, inspiration, and love**)

Positive states and traits (like **gratitude, resilience, and compassion**)

Positive institutions (applying positive principles within entire organizations and institutions)

As a field, positive psychology spends much of its time thinking about topics like character strengths, optimism, **life satisfaction**, happiness, **well-being, gratitude, compassion** (as well as **self-compassion**), **self-esteem** and **self-confidence, hope, and elevation**.

Headmaster: Alan Thompson MEd, BEd (Hons) (Witwatersrand) MBA

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Simon Murray is the 14th Headmaster of St Peter's College, Adelaide,
National Chairman of Association of Heads of Independent Schools of Australia (AHISA),
Board Director of the Independent Schools Council of Australia (ISCA),
Founding member and inaugural Chairman of the Australia's Positive
Education Schools Association (PESA),
Founding member of the Board of the International Positive Education Network (IPEN),
Appointed member of the Diocesan Council in the Anglican Diocese of Adelaide. Actively
involved in the Anglican Diocese of Bunbury, WA, as a member of the Diocesan Council
and also in the Diocese of Canberra Goulburn as a member of the Ministry Executive and
Bishop in Council,
Simon will be visiting St Andrew's College in October with the aim of exploring how Positive
Education might enhance the focus on Wellbeing and Pastoral Care.

We seek to bring together a small group of likeminded schools to assist them to learn
more about Positive Education with a view to establishing a Positive Education South
African Schools Association PESASA.

**Heads of schools, deputies, pastoral care heads, and school psychologists are
invited to a full day seminar at St Andrew's College, Grahamstown,
on Friday 26 October 2018.**

Times: 08:00 - 16:00

Cost: R 1 000 per delegate (includes lunch and teas during the day)

**RSVP: by Wednesday 26 September 2018 to
Ms. Leigh Vetch (046 603 2300) l.vetch@sacschool.com**

We look forward to you joining us.

**Alan Thompson
HEADMASTER**

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