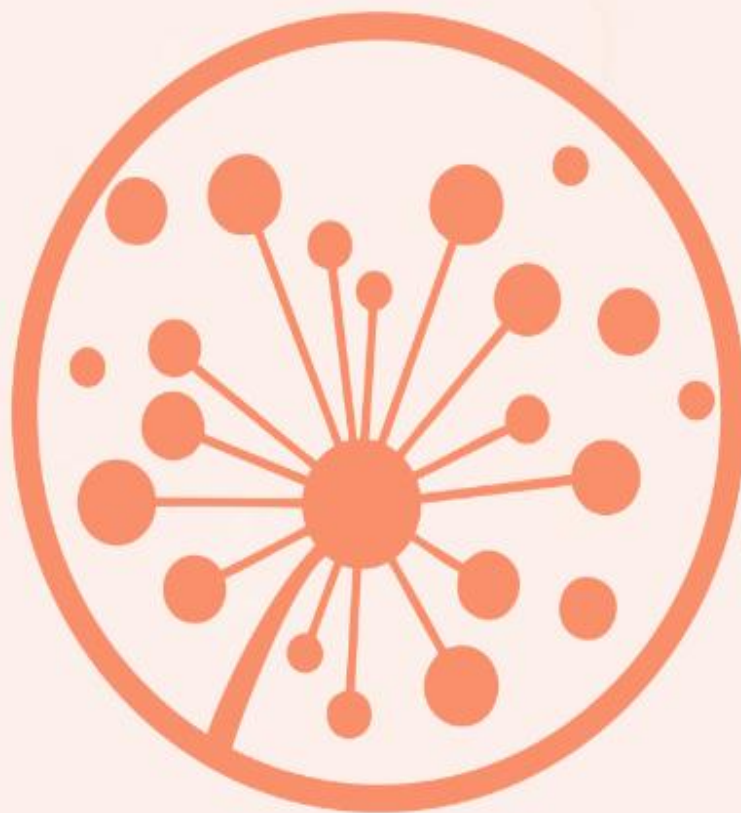
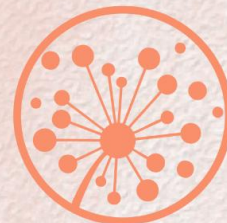


Overview of Services

Supporting Educators,
Leaders and Teams



Conscious Positivity



Overview

Conscious Positivity offers a range of tailored services and programs designed to support early childhood educators, leaders, and teams in creating emotionally intelligent, positive, resilient, and connected learning environments.

All services are grounded in the science of positive psychology, wellbeing, neuroscience, and attachment theory, and focuses on cultivating authentic positivity—recognising the realities of the profession while equipping teams with practical strategies to thrive.

Whether you're building leadership capacity, strengthening educator wellbeing, or embedding a culture of care, emotional safety, and connection, our approach supports real, sustainable transformation that promotes staff engagement, motivation and retention.

Delivery Options

Flexible delivery options are provided, including:

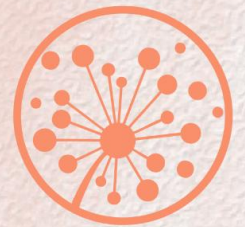
- Keynote speaking
- In-person workshops for organisational professional development days
- In-service workshops
- Online training
- Book study series
- Individual, small-group, or in-centre coaching
- Consulting- evaluation of team culture, current service practices, design and implementation of positive organisational culture initiatives, provide ongoing support and guidance
- Self-paced on demand online courses

Customisation

Every offering can be adapted to align with:

- Your team's current skill level
- Priorities for behaviour support, wellbeing, and leadership
- Cultural and community needs
- Service goals or improvement plans
- Room-specific coaching requirement

All offerings can be customised to meet the unique needs of your service, this may be length of session, number of sessions or audience. Many options are eligible for Start Strong, Kindy Uplift, or Innovative Solutions funding.



Conscious Positivity

Next Steps

Ready to cultivate a more positive and resilient environment?

1. Identify your service or organisational needs and choose appropriate support service
2. Choose extended learning and development options, if required
3. Contact Jo Maloney for support to identify service needs, pricing, scheduling and proposal preparation

Email: info@jomaloney.com **Website:** www.consciouspositivity.com.au **Phone:** 0427 705 725



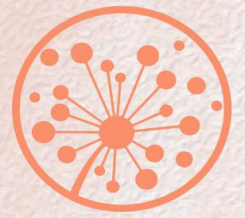
Jo Maloney is the founder of *Conscious Positivity* and brings over 30 years of experience in the Early Childhood and Community sectors. Her deep commitment to educator wellbeing was sparked by witnessing the daily challenges educators face and the impact these have on both professional satisfaction and the quality of care provided to children. This led her to explore ways to support individuals, leaders, and organisations in fostering resilience, purpose, and sustainable wellbeing — even in times of stress and change. Jo is the author of *Wellbeing Science in Early Childhood Education – How to Create Positive Change*, a practical guide grounded in the science of positive psychology.

In addition to her focus on educator wellbeing, Jo is passionate about equipping educators with the tools to respond effectively to children who present with challenging behaviours, using trauma-informed and social-emotional learning approaches. She holds a Master of Applied Positive Psychology (MAPP), Diploma in Positive Psychology and Wellbeing, and a Bachelor of Teaching (Early Childhood), along with certifications in brain-based coaching, trauma-informed practice, PERMAH wellbeing survey and Brain Story Certification. Jo is a member of the International Positive Psychology Association (IPPA) and Early Childhood Australia (ECA), and her work is dedicated to helping early childhood professionals thrive personally and professionally.

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Cultivating Educator Capacity for Connection and Care



Conscious Positivity

Course Overview

This professional development workshop is designed to support early learning educators and leaders in building emotionally intelligent, responsive, and compassionate environments. Grounded in wellbeing science and practical application, the workshop explores four key areas: self-awareness, self-compassion, self-regulation, and compassion for others.

Topics Covered

1. Self-Awareness • Openness, curiosity and acceptance of our own thoughts & feelings; triggers; Brain-state awareness
2. Self-Compassion • Treating ourselves with the same kindness we treat others
3. Self-Regulation • Expanding the “tool-kit” of self-regulation as a basis for co-regulation.
4. Compassion for Others • Extending empathy and kindness to colleagues, children & families.

Key Outcomes

- ✓ Regulated Educators → Regulated Children – Reduced escalation, smoother transitions.
- ✓ Stronger Team Cohesion – Shared language around triggers, support & kindness.
- ✓ Personal Wellbeing Lift – Increased resilience, job satisfaction and retention.

Who It's For

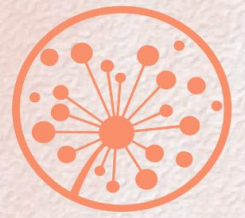
Early-learning leaders and educator teams seeking practical, evidence-informed strategies to boost wellbeing, strengthen relationships and create calmer, more responsive classrooms.

Delivery Format

2-hour PD or half day (four hour) deeper dive workshop

Extended Learning and Development Options

- Online coaching sessions to embed practices and tailor team practices.
- Parent Workshop



Conscious Positivity

Book Study

Wellbeing Science in Early Childhood Education –How to Create Positive Change

Course Overview

This professional learning series explores the key wellbeing science concepts from Jo Maloney’s book, with each session focusing on one chapter. Designed for teams in early childhood education, the sessions offer a balance of theory, reflection, and practical application—supporting both personal and collective wellbeing. Each session includes time to reflect on the “me” and “we” aspects of wellbeing, helping educators to embed changes that benefit both individual practice and team culture.

Topics Covered

Session 1: Relationships Matter

Session 2: Exploring Emotions

Session 3: Resilience

Session 4: Strengths

Session 5: Cultivating Mindfulness

Session 6: Kindness and Compassion

Session 7: Habits and Goals.

Key Outcomes

Participants will build a shared language and toolkit for wellbeing, explore positive psychology in action, and create meaningful and sustainable wellbeing practices across their early learning setting.

Who It's For

Whole service teams as part of team meetings or leadership teams within a service or across an organisation.

Delivery Format

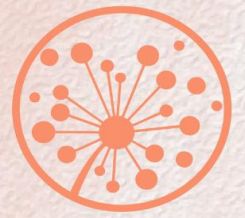
7 Sessions | One Chapter Per Session; One session per month (in person or online) 1.5hours per session.

1 copy of *Wellbeing Science in Early Childhood Education* provided.

Extended Learning and Development Options

Wellbeing Science adaptations for parents (choose number and topics of sessions 1-7)

Building Team Psychological Safety Using the CARE Model



Conscious Positivity

Course Overview

This professional development opportunity supports leadership teams and educators in fostering a psychologically safe, positive, and supportive work culture within early learning services. Grounded in the CARE model—Compassion, Appreciation, Responsibility, and Emotional Wisdom—this course is designed to enhance educator wellbeing, promote staff retention, and strengthen the quality of care and education provided to children.

Topics Covered

- 🌿 C – Showing Compassion
- 🌸 A – Expressing Appreciation
- ✂️ R – Encouraging Responsibility
- 💡 E – Demonstrating Emotional Wisdom

Key Outcomes

- ✓ Stronger team cohesion and communication
- ✓ Improved educator wellbeing and morale
- ✓ Greater staff retention and engagement
- ✓ Enhanced capacity to co-regulate with children and support emerging self-regulation
- ✓ Foundations for a stable, emotionally safe service culture

Who It's For

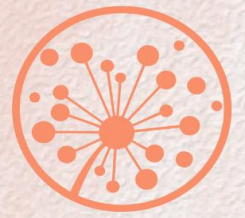
Early childhood leaders, educational leaders, educators and teams.

Delivery Format

3 x 2 hour workshops OR 6 hour workshop + 6 leadership coaching sessions to embed practice

Extended Learning and Development Options

- Extended coaching sessions



Conscious Positivity

Consciously Positive Interactions within Teams

Fostering Uplifting and Impactful Relationships in Early Childhood Settings

Course Overview

This professional learning experience focuses on the power of interactions within teams—how every word, gesture, and moment of engagement can shape the emotional climate of an early childhood service. Grounded in evidence from positive psychology and relational research, this workshop empowers educators to communicate with clarity, compassion, and presence, building a culture where wellbeing, connection and team culture flourish.

Topics Covered

- 🗣️ Positive Communication
- 🤝 High-Quality Connections
- ⚡ Relational Energy

Key Outcomes

Participants will:

- ✓ Learn strategies to enhance daily interactions with colleagues
- ✓ Increase their own emotional awareness and intentionality
- ✓ Strengthen team cohesion and morale
- ✓ Create a culture of psychological safety and shared purpose

Who It's For

Ideal for early childhood educators, leaders, and teams wanting to deepen connection, improve communication, and foster a supportive workplace culture.

Delivery Format

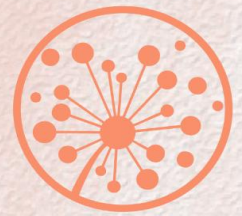
Available as a 2 hour face to face or online interactive workshop

Extended Learning and Development Options

- Modified Parent session
- Room leader coaching to reflect and embed practice

Consciously Positive Leading

Strengthening Leadership Through the RECHARGES Model



Conscious Positivity

Course Overview

Consciously Positive Leading supports EC leaders in creating emotionally intelligent, values-driven workplaces that prioritise wellbeing and growth. This professional development opportunity applies the RECHARGES model, a comprehensive framework grounded in positive psychology and wellbeing science, to guide leadership practices that energise and uplift teams and support staff retention.

Topics Covered

-  Relationships
-  Emotions Exploration
-  Competence & Autonomy Support
-  Habits & Goals
-  Attention & Awareness (Mindfulness)
-  Resilience
-  Gentleness (Kindness & Compassion)
-  Energy
-  Strengths

Key Outcomes

- Participants will: ✓ Deepen their understanding of wellbeing-focused leadership strategies
- ✓ Develop personalised tools for leading with intention, compassion, and clarity
 - ✓ Strengthen their ability to lead teams through change and challenge
 - ✓ Create a foundation for a flourishing team culture

Who It's For

Designed for early childhood leaders, coordinators, directors, and aspiring leaders who want to lead with integrity, energy, and conscious positivity. Can be delivered for leadership teams within a service (CD,AD,EL, room leaders) or leadership teams within an organisation (CD,AD, EL's from different services).

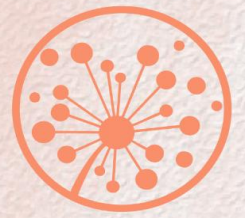
Delivery Format

2 full day face to face workshops OR 8 x 1.5hour face to face, online or blended sessions + 4 hours leadership coaching

Extended Learning and Development Options

- Extended online coaching sessions to embed practices and develop leadership skills
- Leadership and team staff appraisal templates based on RECHARGES model in ECE
- Optional Community of Practice for organisational clusters

RECHARGES for Consciously Positive EC Services



Conscious Positivity

Course Overview

This comprehensive learning series introduces early childhood teams to the RECHARGES model—a strengths-based wellbeing framework grounded in positive psychology and wellbeing science. The model supports the creation of emotionally intelligent, connected, and purpose-driven early childhood environments where educators feel valued, supported, and equipped to thrive. The series uses these foundations of educator wellbeing to build practical strategies that strengthen children's sense of safety, security, and connection for a basis for learning and reducing behaviours that challenge.

Topics Covered

- | | |
|--|--|
|  Relationships |  Emotions Exploration |
|  Competence & Autonomy Support |  Habits & Goals |
|  Attention & Awareness (Mindfulness) |  Resilience |
|  Gentleness (Kindness & Compassion) |  Energy |
|  Strengths | |

Key Outcomes

- Participants will: ✓ Understand and apply the RECHARGES model in daily practice
- ✓ Build a positive and resilient workplace culture
 - ✓ Support both educator and child wellbeing through positive practices
 - ✓ Support the implementation of consistent practices to minimise behaviours that challenge
 - ✓ Identify practical ways to embed conscious positivity throughout the service

Who It's For

Ideal for early childhood educators, leaders, and full teams seeking a unified and uplifting approach to workplace wellbeing, cultural transformation and positive practices to support child wellbeing.

Delivery Format

2 full day face to face workshops OR 8 x 1.5hour face to face, online or blended sessions + 8 hours leadership coaching

Extended Learning and Development Options

- Online coaching sessions to embed practices and develop leadership skills
- Leadership/educator staff appraisal templates based on RECHARGES model in ECE +coaching on use

Emotional Intelligence in Early Childhood



Conscious Positivity

Course Overview

This professional learning equips early childhood educators and leaders with the knowledge and tools to strengthen emotional intelligence (EQ) in themselves, their teams, and their relationships with children and families. Based on the work and research of Daniel Goleman, the series supports the development of a thriving, emotionally attuned learning environment with the application of practical strategies.

Topics Covered

1. Self-Awareness
2. Self-Management
3. Social Awareness – Within Teams
4. Relationship Management – Within Teams
5. Supporting Emotional Intelligence in Children
6. Using Emotional Intelligence with Families

Key Outcomes

- ✓ Enhance educator wellbeing and emotional resilience
- ✓ Build stronger team connections and communication
- ✓ Support children's social-emotional development
- ✓ Foster emotionally intelligent partnerships with families

Who It's For

Whole service teams as part of team meetings or leadership teams

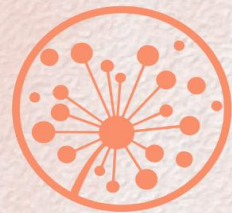
Delivery Format

Available as a full-day face-to-face session, or 3 x 2-hour face to face, online or blended interactive workshops

Extended Learning and Development Options

- Leadership coaching to reflect and embed practice
- Parent workshop

Creating Connected and Collaborative Team Culture in Early Childhood Education



Conscious Positivity

Course Overview

Strong, connected teams are the foundation of high-quality early childhood education. This professional development session explores what makes teams thrive — with a focus on relational energy, communication habits, and shared agreements that support collaboration, trust, and professional growth. Educators will reflect on their role in shaping team dynamics and leave with practical strategies to boost team cohesion, wellbeing, and collective performance.

Topics Covered

- **What Makes a High-Performing Team:** Characteristics of effective, resilient, and purpose-driven teams and promoting positive deviance
- **Building Belonging:** meeting our basic psychological need of belonging and connection
- **Creating a Positive Climate:** through boosting positive Emotions

Key Outcomes

Participants will be able to:

- ✓ Identify the qualities of high-functioning teams
- ✓ Understand the role of belonging and connection in team effectiveness and morale
- ✓ Apply specific techniques to boost positive emotion and broaden and build educator capacity
- ✓ Create or refine shared team agreements to support a positive, respectful team culture

Who It's For

Early childhood educators, team leaders, and directors seeking to enhance team relationships, reduce stress and miscommunication, and foster a more supportive and high-performing workplace culture.

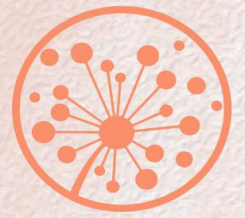
Delivery Format

2-hour face to face and online workshop

Extended Learning and Development Options

- Leadership coaching sessions to embed practice and develop positive leadership skills

Meaning & Mindset in Early Childhood Education



Conscious Positivity

Course Overview

This professional development workshop is designed to help early childhood educators reconnect with their sense of meaning and purpose in their work. Through reflective practice, evidence-informed frameworks, and practical strategies, participants will explore the P.U.R.E. model — Purpose, Understanding, Responsibility, and Enjoyment — as a foundation for personal and professional wellbeing. This course invites educators to examine their ‘why,’ explore mindset, and better understand how their explanatory style influences resilience, relationships, and the learning environment

Topics Covered

- **The P.U.R.E. Model:** Unpacking the four elements of meaning and how they apply to early childhood education
- **Discovering Your ‘Why’:** Clarifying personal and professional purpose
- **Mindset Matters:** Exploring fixed, growth and benefit mindsets in the context of educator wellbeing
- **Explanatory Style:** Understanding how we interpret challenges and how this shapes our energy, efficacy, and engagement

Key Outcomes

Participants will:

- ✓ Articulate a renewed sense of purpose in their role as an educator
- ✓ Understand the impact of mindset and explanatory style on wellbeing and effectiveness
- ✓ Apply the P.U.R.E. model to enhance personal and team alignment
- ✓ Use reflection tools to foster resilience, intentionality, and connection in daily practice

Who It's For

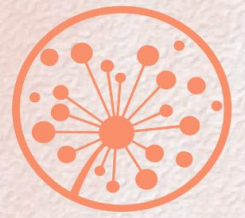
Early childhood educators, leaders, and teams looking to deepen their self-awareness, align their work with their sense of meaning and purpose, and boost positive mindset, resilience and motivation in their professional practice.

Delivery Format

Available as a 2-hour face to face or online interactive workshop.

Extended Learning and Development Options

- Room leader coaching
- Team with *Becoming Consciously Positive: Supporting Behaviours That Challenge*



Cultivating Strengths in Early Childhood Educators

Course Overview

This professional development session introduces early childhood educators to the VIA Character Strengths framework — a research-based approach to identifying and using the best parts of ourselves. Educators will explore their own unique strengths and learn how to recognise and nurture strengths in colleagues. Grounded in positive psychology, this session offers practical ways to embed strengths-based language and strategies into early learning environments, promoting wellbeing, engagement, and positive behaviour.

Topics Covered

- **Introduction to VIA Character Strengths:** What they are and why they matter in an EC settings
- **Discovering Your Strengths:** Exploring personal strengths profiles and their role in educator wellbeing
- **Using a Strengths-Based Lens in Teams:** Fostering appreciation and collaboration
- **Integrating Strengths into Daily Routines:** Language, activities, and conversations that build resilience and connection

Key Outcomes

Participants will be able to:

- ✓ Understand the 24 VIA Character Strengths and their relevance in early childhood education
- ✓ Identify and reflect on their own signature strengths and how these influence their teaching and relationships
- ✓ Apply strengths-based approaches in communication, planning, and team collaboration
- ✓ Build a positive, strength-focused culture in their service

Who It's For

Early childhood educators, leaders, and teams seeking to deepen their understanding of positive psychology and adopt practical tools to enhance wellbeing, relationships, and learning outcomes through a strengths-based approach.

Delivery Format

Available as a 2-hour face to face or online interactive workshop.

Extended Learning and Development Options

- VIA strengths survey report
- Individual strengths survey debrief sessions (half hour per person)
- Online coaching
- Team with *Strengths-Based Leadership* and/or *Empowering Children Through Character Strengths*



Strengths-Based Leadership in Early Childhood Education

Course Overview

This professional development series is designed to help leaders in early childhood education leverage the power of VIA Character Strengths to inspire, support, and lead their teams. Leaders will explore how understanding their own strengths and those of their team members can foster a positive, strengths-based culture that enhances wellbeing, motivation, and collaboration. This session provides practical tools for applying strengths in leadership practices, communication, and team development, ultimately leading to stronger team dynamics and more engaged educators.

Topics Covered

- **Introduction to VIA Character Strengths:** Understanding the 24 strengths and their impact on leadership
- **Strengths-Based Leadership:** How to lead with awareness of your strengths and the strengths of others
- **Strength Spotting in Teams:** Recognising and affirming team members' strengths to enhance performance and morale
- **Building a Strengths-Focused Culture:** Strategies for embedding strengths-based language and practices in team dynamics
- **Coaching and Mentoring with Strengths:** Using character strengths to support professional growth and wellbeing in others

Key Outcomes

- Participants will be able to: ✓ Understand the role of VIA Character Strengths in leadership and team success
- ✓ Identify their own leadership strengths and how they impact their leadership style and effectiveness
 - ✓ Apply strengths-based approaches to motivate, engage, and support their teams
 - ✓ Use strengths to communicate effectively and build trust within their teams
 - ✓ Implement practical tools for fostering a strengths-focused, positive team culture

Who It's For

Leadership teams within services, or organisation who want to enhance their leadership capabilities, build stronger teams, and create a more positive, engaged workplace culture using a strengths-based approach.

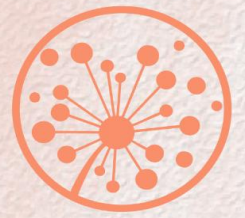
Delivery Format

2-hour face to face, or online workshop + leader VIA strength survey + VIA strengths survey debrief + online leadership coaching hours

Extended Learning and Development Options

- Extended coaching sessions to embed strengths-based approaches
- Team with *Cultivating Strengths in ECE* and/or *Empowering Children Through Character Strengths*

Empowering Children Through Character Strengths



Conscious Positivity

Course Overview

This professional development session introduces EC educators to the VIA Character Strengths framework with a central focus on recognising and nurturing the emerging strengths of young children. Rooted in positive psychology, this session offers educators practical tools to spot and support children's strengths in everyday routines and relationships. Participants will explore how a strengths-based lens can foster identity, wellbeing, and resilience in children, while also positively influencing educator-child interactions and overall classroom culture.

Topics Covered

- **Understanding VIA Character Strengths:** An overview of the 24 strengths and their developmental relevance in early childhood
- **Strength Spotting in Children:** How to identify and affirm strengths through language, play, and observation
- **Embedding Strengths into Daily Practice:** Using strengths-based approaches in routines, transitions, and learning experiences
- **Modelling and Mirroring Strengths:** How educators' own strengths influence teaching and support child development
- **Strengths-Based Family Partnerships:** Communicating with families using a strengths-focused approach

Key Outcomes

Participants will:

- ✓ Understand the VIA Character Strengths framework and its application in early learning settings
- ✓ Confidently identify and affirm strengths in children to support wellbeing, belonging, and positive behaviour
- ✓ Use strengths-based language and strategies to build resilience and promote social-emotional growth
- ✓ Reflect on how their own strengths shape their interactions and teaching practice
- ✓ Foster a strengths-focused culture that supports children's identity and learning across the service

Who It's For

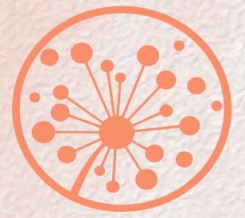
Early childhood educators, leaders, and teams who want to deepen their capacity to nurture children's strengths, support wellbeing, and build positive, resilient learning environments grounded in positive psychology principles.

Delivery Format

Available as a 2-hour face to face or online interactive workshop.

Extended Learning and Development Options

- Modified Parent session
- Room leader coaching to embed strengths-based approaches
- Team with *Cultivating Strengths in ECE* and/or *Strengths-Based Leadership*



Conscious Positivity

Becoming Consciously Positive: Supporting Behaviours That Challenge

Course Overview

These workshops equip educators with practical, science-informed strategies to respond to behaviours that challenge in early childhood settings. Grounded in neuroscience, attachment theory, and the principles of trauma-informed practice, these sessions reframe "challenging behaviour" as a form of communication—calling for connection, safety, understanding and support to learn.

Topics Covered

-  Neuroscience & Attachment
-  Maintaining Safety & Security
-  Building Connection
-  Supporting a Learning State

Key Outcomes

Participants leave with a deeper understanding of how to approach behaviour with compassion, insight, and practical strategies that support consistent practice that co-regulation and children's emotional wellbeing and development.

Who It's For

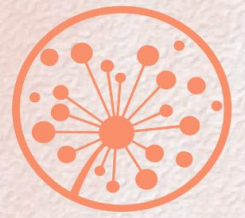
Early childhood educators, leaders, and inclusion support staff. This is aimed at whole service teams to ensure consistent practice and approaches.

Delivery Format

4 x 2-hour face to face and online workshops OR full day face to face hour workshop + 8 hours room leadership online coaching hours

Extended Learning and Development Options

- Combine with *Meaning & Mindset* + *Cultivating Strengths in ECE* workshops to set up educator wellbeing foundation
- Extended coaching sessions
- 4 x 5 hour In centre coaching visits to support application of practices
- *Becoming Consciously Positive* Room Guides for development of individualised room plans for each room of your service
- Parent session



Conscious Positivity

Consciously Positive Interactions with Children

Fostering Uplifting and Impactful Relationships in Early Childhood Settings

Course Overview

This professional learning workshop focuses on the power of interactions with children—how every word, gesture, and moment of engagement can shape the emotional climate of an early childhood service. Grounded in evidence from positive psychology and attachment research, this course empowers educators to communicate with clarity, compassion, and presence, building an environment where children can feel safe and connected and decrease the need to communicate needs in challenging ways.

Topics Covered

- 🧠 Positive Communication
- 🤝 High-Quality Connections
- ⚡ Relational Energy

Key Outcomes

Participants will:

- ✓ Learn strategies to enhance daily interactions with children
- ✓ Increase their own emotional awareness and intentionality
- ✓ Strengthen connections with children
- ✓ Create an environment to facilitate communication with and among children

Who It's For

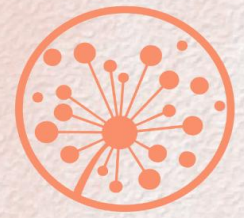
Ideal for early childhood educators, leaders, and teams wanting to deepen connection, improve communication, and foster a supportive early childhood environment.

Delivery Format

Available as a 2-hour face to face or online interactive workshop.

Extended Learning and Development Options

- Modified Parent session
- Room leader coaching to reflect and embed practices



Conscious Positivity

Creating a Consciously Positive Day: The Importance of Routines and Rituals

Course Overview

This uplifting professional development session explores how everyday routines, and intentional rituals can powerfully shape the relational climate and culture of an early childhood setting. By embedding consciously positive practices, educators can support children's emotional security, foster a sense of belonging, and enhance their own wellbeing and connection to the work. Rituals and routines aren't just tasks on a schedule—they are opportunities for connection, regulation, and learning. When designed with intention, these moments support secure relationships, positive behaviour, and emotional development.

Topics Covered

 Welcome Rituals

 Connection Rituals

 Belonging Rituals

Key Outcomes

- ✓ Practical tools to embed meaningful rituals in daily practice to build stronger educator-child relationships
- ✓ Increased team cohesion and wellbeing
- ✓ Deeper sense of belonging for all in the learning environment
- ✓ A more connected, calm, and consciously positive atmosphere
- ✓ Reduction in behaviours that challenge through daily consistency and predictability

Who It's For

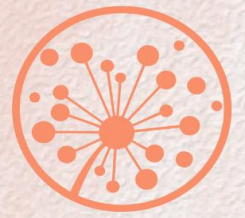
Ideal for early childhood educators, leaders, and teams wanting to build routines and rituals to support safety and security, deepen connection and provide more learning opportunities within a day.

Delivery Format

Available as a 2-hour face to face or online interactive workshop.

Extended Learning and Development Options

- Modified Parent session
- Room Routine audit across the centre
- In centre coaching to reflect on routines and rituals and embed practice
- Online coaching to reflect and embed practice



Conscious Positivity

Self-paced, Online Courses

www.consciouspositivity.com.au

Courses Available

Build and Lead Wellbeing For Early Childhood Educators

This course, Build and Lead Wellbeing for Early Childhood Educators Online Course is designed to be a supportive resource for fostering positive change in your life, your colleagues, and your early childhood service. We often hear the importance of self-care, especially in nurturing roles, but it can be tough to figure out how to prioritise this amidst our busy schedules. To Build and Lead Wellbeing you do not need to be in a formal leadership position, all that is required to lead is a desire to change or improve a situation.

Thriving for All- Cultivating and Nurturing Wellbeing in Early Childhood Educators through Positive Relationships

This course supports the cultivation and nurturing of the heartbeat of early childhood education—relationships. In this course we dive into a deeper understanding of team relationships and connections that are the basis of our profession and the provision of high-quality early childhood education. Your wellbeing is intertwined with the quality of these relationships, and it ripples through your entire team. This course gently guides you through the building and nurturing of positive connections with your colleagues to foster an environment where everyone can thrive.

COMING SOON

Thriving for All - Cultivating and Nurturing Wellbeing in Early Childhood Educators through Exploring Emotions