



Are  
you looking for  
affordable,  
evidence-based,  
practical tools to bridge  
the gap between  
wellbeing policy and  
practice for your  
school?

THEeducationLAB

A MICHELLEMCQUAID PROGRAM

## Do you wish you could:



**Leverage the globally respected, tried and tested framework** of Professor Martin Seligman's PERMA theory to bridge the gap between wellbeing policy and wellbeing practice in your school to minimize the risks and win over the skeptics?



**Give your teachers and staff an evidence-based wellbeing training toolbox** that improves wellbeing literacy, normalizes thriving and struggle, and allows people to choose the wellbeing approaches that work best for them?



**Provide safe spaces for wellbeing accountability and support** by teaching your teams to hold group check-ins where they can share what's working well, where they might be struggling, and what they want to try next without judgement?



**Deliver measurable wellbeing improvements for staff** with a simple five-minute PERMAH survey tool you can tailor that instantly provides individual and organizational results to help personalize and prioritize where to focus your wellbeing efforts?



**Integrate supportive wellbeing practices** across your teams, within your classrooms, and across your school community using Appreciative Inquiry to ensure you have collective buy-in and ownership of your wellbeing practices?



**Affordably access an education focused, best-practice wellbeing community** so when you have questions, need resources, are looking for interventions, or want to hear how others are tackling similar challenges you can do so at the click of a button.

Then let's chat.

# Despite having a heart full of hope, a head filled with research, and years of teaching experiences, trying to improve wellbeing across your school can be challenging, exhausting, and lonely.

But you don't have to walk this path alone.

For the first time ever we're making our highly-sought schools wellbeing content for teachers and staff available directly to schools. For an affordable annual fee you'll have access to:

- The Education Lab PERMAH Survey to easily measure adult wellbeing across your school as often as you choose.
- Online training for your wellbeing champions or facilitators (videos and detailed guides) for a keynote introduction workshop, a half-day 'ways to wellbeing workshop', and 8 x 1.5-hour workshop series that you can tailor to meet your school's professional development needs.
- Beautifully co-branded (just add your school's logo) PowerPoint slides and digital playbooks that you can share across your school community to improve wellbeing literacy.
- Beautifully co-branded (add your own logo) Wellbeing Lab PERMAH Powerpoint slides, with teaching videos and digital participant playbooks for a keynote workshop, half-day workshop, and 3 x 3.5 hour workshop series that you can tailor to meet the needs of your clients.
- Easy to print wellbeing posters (great for the staffroom) and visual prompts to help your teachers and staff reach for evidence-based wellbeing tools as they go about their jobs.
- Group coaching check-in playsheets to help you create psychologically safe spaces for smalls or large groups to follow up workshop activities.
- Appreciative Inquiry Summit toolbox complete with step-by-step guides, agendas, templates, and examples that you can steal with pride.
- A private members area where you can ask for help, access additional materials and resources, connect with other schools, and join us for a monthly live group coaching call to share and celebrate best practices for embedding wellbeing into schools.
- 4 x one-hour small-group coaching calls with our experienced team to help provide tailored coaching and support that meets your school's unique needs.

[Want to learn more?](#)

## If you have:

- A wellbeing priority that you would truly like to take from policy to practice.
- A commitment to do more than simply tick a wellbeing box for your school.
- A willingness to invest your school's resources in measurably improving the wellbeing of your staff and students.

Then licensing our Education Lab content could be a great fit for you.

### Choose the option that works best for you:

A 12 MONTH LICENSE INCLUDES:	100% ONLINE	BLENDED APPROACH	SUPPORTED DELIVERY
Education Lab PERMAH Survey license one per school	✓	✓	✓
Online training for your champions/facilitators for a keynote, half-day and 8 x 1.5-hour workshop series	✓	✓	✓
Co-branded PowerPoint slides and digital playbooks that can be shared across your community	✓	✓	✓
Easy to print wellbeing posters and visual prompts	✓	✓	✓
Group coaching check-in playsheets to guide accountability and learning	✓	✓	✓
Appreciative Inquiry Summit toolbox complete with step-by-step guides, agendas, templates, and examples that you can steal with pride.	✓	✓	✓
Private members area to ask for help, access additional materials and resources, connect with other schools and join a live monthly best practice call.	✓	✓	✓
4 x one-hour small group coaching calls to tailor your approach.	✓	✓	✓
1 day facilitated professional development workshop with one of our experienced team members		✓	✓
2 days of facilitated professional development workshops with one of our experienced team members			✓

### We price our solutions to meet your needs:

PRICING BY NUMBER OF STUDENTS::	100% ONLINE	BLENDED APPROACH	SUPPORTED DELIVERY
Small: 1-400	\$6,000	\$16,000*	\$24,000*
Medium: 401-800	\$10,000	\$20,000*	\$30,000*
Large: 801+	\$12,000	\$24,000*	\$36,000*
Independent consultants and trainers to schools	\$12,000**		

All prices are in Australian dollars.

\*Please note that if travel costs are required these will be additional. This would be discussed at the time you select your facilitator from our team. In all cases we do our best to provide someone locally.

\*\*Please note only one Education Lab PERMAH Survey license is provided. If you need to purchase licenses for additional schools please just ask.

If you want to find out more email Rachel at [rachel@michellemcquaid.com](mailto:rachel@michellemcquaid.com) and we'll immediately set up a time to answer any questions you might have.

We'd love to help you achieve this kind of feedback from the people you help:



"98% of our participants at Melbourne University have said they would recommend our workshops to their peers and 91% are confident they could apply the knowledge and skills they learned."



"Alli supported the wellbeing of our organization using her strengths of Zest and Honesty. Her facilitation style is engaging, uplifting and authentic. After completing SafetyCircle training, all our staff at Southern Support School made a commitment to their own wellbeing to go home safe and well every day. Working with Alli has helped us to maintain our commitment."



"Our school hosted an appreciative inquiry summit to deeply explore wellbeing from a strengths-based perspective. Working with Michelle McQuaid's team to bring our summit to life was an absolute joy. The summit itself was a positive wellbeing intervention for our many participants, and the team did an incredible job adapting to our desire to bring student voices to the forefront of our dreams and designs. We now have a group of passionate wellbeing champions with a shared vision for our school's future."



"Michelle guided and supported our team at Loreto as we introduced positive education at a whole school level. She has assisted our faculty, prepared and presented at our parent launch of Positive Education (800 people) and has delivered professional learning sessions to our staff. Her professional approach, knowledge and expertise in facilitating our Appreciative Inquiry Summit has been instrumental in the success of our journey."



"Alli's playful, engaging and needs-based facilitation style thoroughly supported the wellbeing of our school. We benefited from our work with Alli by the way she provided practical application of evidence-based research and encouraged staff to think about their own wellbeing before designing and trialing positive psychology interventions for their students. Alli helped us further develop our positive school culture. Alli was a key motivator for our staff at the beginning of our Positive Education journey."

WE'RE PROUD TO HAVE WORKED WITH:



[www.educationlab.com](http://www.educationlab.com)