



Positive psychology and young people

9 March 2016

Program

- 0830 – 0900 Registration
- 0900 – 0910 **Welcome and introduction**
Ms Mae Rafrat
Transition Support Worker, NSW Agency for Clinical Innovation Transition Network
- 0910 – 0940 **[Building Resilience in young people – what do protective health assets offer?](#)**
Professor Fiona Brooks, Professor of Child and Family Health
Centre for Midwifery, Child and Family Health, Faculty of Health,
University of Technology Sydney
- 0940 – 1010 **[An introduction to positive psychology for youth and change](#)**
Dr Sean O'Connor, Lecturer/Researcher,
The Coaching Psychology Unit, The University of Sydney
- 1010-1015 **[NSW Youth Health Access Survey \(Online survey\)](#)**
Dr Sally Gibson, Senior Manager, Youth Health and Wellbeing, Office of Kids and Families, NSW
Health
- 1015 – 1045 **MORNING TEA**
- 1045 – 1115 **[Warrangal: Empower today – positive tomorrows](#)**
Ms Margaret Mulcahy, Executive Principal, Connected Communities
Coonamble High School
- 1115– 1145 **[Using Positive Psychology in Pain Management with Adolescents](#)**
Ms Renee Sandells, Clinical Psychologist,
Department of Pain Medicine and Palliative Care at The Children's Hospital at Westmead
- 1145 – 1155 **[Mindfulness and Gratitude](#)**
Ms Annette McClelland, Digital Content Creator, BITE BACK
- 1155 – 1230 **Panel discussion**
Facilitated by Chairperson on the day
Panel will include all program speakers



Health

