

Seven additional videos: 4-6 min. Reflections / Meditations / Affirmations



Self-Encourage



Optimistic Statements



Loving-Kindness



Strengths 1 & 2



Personal Boundaries



Problem-Solving

Package includes

DVDs 1 & 2 (7x 2 videos)

Teacher Booklets 1 & 2 with Lessons Plans and 24+ handouts.

Handouts also accessible for students on the website and a future app.

and the 'Happiness Skills based on Positive Psychology' Book

Optional addition ½ day visit to school (2 workshops for teachers/ parents)

Bio

Michaela Avlund, the author, presenter and creator of this Wellness & Happiness Skills video series has been teaching and working with these skills over the past fifteen years. She has a MSc in Applied Positive Psychology from UEL, London, U.K. and a BA in Applied Social Care from St. Patrick's College, Carlow, Ireland. She holds certificates in Mindfulness for Schools, Hypnotherapy and Counselling.

She is the author of the 'Happiness Skills based on Positive Psychology' book, audio and e-book and has been interviewed by leading TV, radio and Newspapers on raising well-being by implementing these skills- especially with teenagers.

She has previously produced teenage life-skill videos on self-confidence and healthy relationships which have been widely used in Irish Secondary Schools.

She has lectured in Ireland and South Africa.

Teacher's comments after the Happiness Skills classes:

'The pupils learned how making the right decision makes your day and your life.'

'As a class they decided that if they saw someone doing something nice they would say "well done".'

www.WellbeingSkills.me contact: mavlund@eircom.net



Seven 12-minute videos with 24+ Lessons for Secondary Schools



Lesson plans. Handouts.

+ 7 Reflections. Website and App. Teachers Booklets.

This Wellbeing Video Series is created specifically for teenagers with opportunities to use these skills in the classroom.

Skills that help us to maintain a positive environment within our own mind and around other people, built on the latest neuroscience and wellbeing research.

The seven videos include personal wellness skills, social skills, help to set boundaries and to discover personal character strengths and use them. Assertiveness and Problem-Solving. Self management.

The website and booklets offer teacher support and Lesson Plans,. Website and App with handouts and access to the additional seven reflection videos encouraging students' continued use of the skills.

Teacher: 'I feel it has improved the students' sense of well-being.'

Student Sinead, 17: 'We had never had anything like this before.'

Most of it was about how to take the positive out of the negative.'

Student Manus, 16: 'It made us open us about stuff you normally would not discuss with other lads. Everyone changed, became nicer'

Well-Being Video One



Remember Good Experiences

Here we look at how our brain reacts to positive versus negative information.
3-step method of building up resilience through recalling good experiences (Gratitude Formula). (3 or more lessons)

Well-Being Video Two



TURN to Optimism

A further look at our stress system and how we need to turn negative experiences into positive learning.
4-step method to achieve this – accepting but also transforming. Built on 'Learned Optimism' and CBT technique. (3 or more lessons)

Well-Being Video Three



Positive Connections & Relationships

How we need predominantly positive communication with others to be well in ourselves. Sharing good experiences. The REACH 5-step method to forgiving without compromising our safety or principles. Kindness. (3 or more lessons)

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Well-Being Videos Four & Six



Character Strengths 1 & 2

The Six categories of Character Strengths found to be admired and helpful worldwide. Wisdom, Courage and Humanity Strengths. Justice, Self-Control and Transcendence Strengths. What is it and how do I develop mine? (9 or more lessons)

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Well-Being Video Five



Assertiveness & Flow

Being fully absorbed in something we enjoy. Spend more time at what we love doing. Three ways of asking for what we need or want depending on the situation and the people we are dealing with. (5 or more lessons)

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Well-Being Video Seven



Personal Problem-Solving

Depression and suicidal thinking have been linked to an overload of problems. A 5-step formula for personal problem-solving leading to optimism and hope in times of turmoil and confusion. (2 or more lessons)