

Supporting Student Wellbeing:

Building Respectful and Compassionate Learning Spaces

In a world where the mental health and wellbeing of students are at the forefront, the art of teaching has never been more critical. Effective teaching requires more than delivering curriculum—it calls for creating authentic connections and safe spaces that foster respect, trust, and engagement. Michelle's work emphasises the significance of human relationships in educational contexts, highlighting how attachment influences student behaviour and learning.

This professional development day is designed to provide educators from primary and secondary settings with practical strategies to promote relational intelligence, and support students' mental health—all while prioritising teacher wellbeing.

Through reflection, discussion, and hands-on tools, this day is about making your teaching experience more rewarding and impactful.

ABOUT MICHELLE

Michelle Mitchell is an author and speaker, sought after for her compassionate and grounded advice for parenting tweens and teens.

She began as a classroom teacher but soon found a special interest in wellbeing. In 2000 she left teaching to establish a health promotion charity and psychology clinic which delivered life skills programs and psychological services to thousands of young people and their families each year. Today she uses her experience to write and speak in schools, community events and through media.

The core of her work is helping adults be the trusted, leadership presence that growing kids need.



MICHELLE MITCHELL

Where and When?

MELBOURNE
28th July

Q Events
Melbourne

Practical takeaways:

- Ideas to building connection and rapport with your students
- Firm ways to help students navigate friendship challenges
- Strategies to support kids struggling with poor mental health
- Tools to foster a sense of belonging and engagement
- Strategies for providing feedback to support the development of self-esteem

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EVENT DETAILS

28th July

8:30am - 3:30pm

Q Events Melbourne

Morning tea, lunch and afternoon tea will be provided

REGISTRATION

Registration includes:

- 5.5 hours of professional development
- Certificate of attendance
- Workshop resources
- Morning tea, lunch and afternoon tea

	per person
General registration	\$379
Groups 4+	\$349

Who should attend?

Guidance Officers, School Counsellors, Head of Inclusion/Support for Students with Disabilities, Teachers, School Leaders, Teaching Assistants

EVENT PROGRAM

8:00am - 8:30am	Registrations
8:30am - 10:00am	Us, Our Students, and the Classrooms We Meet In In this session we will explore the relational climate in our classrooms. You'll gain practical strategies to build meaningful connections that enhance all student relationships and learning outcomes, as well as teacher job satisfaction and personal wellbeing. We also discover your origin story and how that impacts your unique teaching style.
10:00am - 10:30am	Morning tea
10:30am - 12:00pm	Guiding Principles of Friendships This session will explore Michelle's 12 guiding principles of friendships as they can be used in classrooms. These principles offer a framework that supports social resilience. The session will also delve into social development, belonging, power and popularity. These insights will give you the tools to create inclusive, compassionate classrooms.
12:00pm - 12:45pm	Lunch
12:45pm - 2:15pm	Supporting Student's Mental Health More than ever before, teachers are at the frontline of supporting student mental health. This session will give teachers practical tools to support resilience and poor mental health. We will cover specific language during moments of distress, tips for parent communication, and regulation strategies.
2:15pm - 2:30pm	Afternoon tea
2:30pm - 3:30pm	Self-Esteem Development and Framing Feedback This session is designed to help you understand how self-esteem develops and what kids and teens need from us to support their growth. We will explore the role of feedback within education including its benefits and challenges.

To register, visit: www.illumelarning.com.au/events