

COMPLETE

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Page 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1

PROJECT TITLE Short title for your project

Teaching for Brain Science and Wellbeing

Q2

ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

Hunter Study Solutions

Q3

DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

Individual tuition for school aged children that combines mindfulness, mediation, Brain Science (Dr Sarah Mackay), positive neuroplasticity and wellbeing (Dr Rick Hanson) and growth mindsets (Dr Carol Dweck) as well literacy, numeracy, study skills and other school related skills.

Q4

SUCCESS MEASURE How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

Success is measured in improved academic and social performance at school, improved relationship with peers and family, reduced anxiety and improved self confidence.

Q5

LIMITATIONS Any limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

As I individualise each student's program to their needs this does have limitations as it relies on my expertise and knowledge.

Q6

RESEARCH & KNOWLEDGE TRANSFER Do you have research support? List any links to universities/NGOs/Thought Leadership companies designing, researching or evaluating this activity or project. Is your activity funded through a research grant? Will your project be written up in a journal/book chapter or presented at a conference?

As mentioned I incorporate the work of Dr Sarah Mackay, Dr Rick Hanson and Dr Carol Dweck also The BRAVE program from Queensland University and the Mindup programs have also been useful. I have started to consolidate my teachings into a general program/resource that could be used by anyone who works with school aged children and young adults.

Q7

COLLABORATION & PARTNERSHIP REQUESTS How can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

If there is anyone working with school aged students I would be interested in sharing my experiences and resources etc

Q8

IDEAS & INNOVATIONS Does your project raise issues that Network members could assist with, or take up? Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions. As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

How can the latest theories/practices of positive psychology and learning be effectively incorporated into the Australian school system to improve the wellbeing of all students?

Q9

CONTACT Who is the contact person? Offer a name from the organisation for people to directly speak to, or email.

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