

STUARTHOLME SCHOOL

# Thrive from the Heart with DAN HAESLER

We are very excited to welcome Dan Haesler back to Stuartholme for a second workshop on Positive Psychology. Join us for this interactive evening which will focus on encouraging your daughter's strengths to support learning and wellbeing as she progresses through her educational journey.

## THE POWER OF POSITIVE PSYCHOLOGY

The second session aims to build upon our first evening offering further insights into positive psychology and the work of Martin Seligman and the PERMA model of wellbeing.

Parents will be able to engage with Dan and other members of the Stuartholme community to unpack meaning around resilience and encouraging a Growth Mindset.

Consisting of **P**ositive Emotions, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment, PERMA offers a workable framework to address our approach to wellbeing. This session will enable participants to reflect on the PERMA model with regard to their own life in their role as a parent, partner, work colleague or friend.

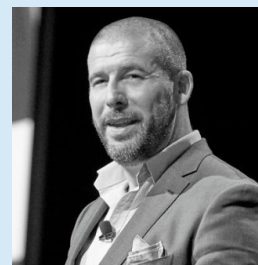
## PRESENTED BY DAN HAESLER

Dan Haesler is a coach who works with elite athletes and teams as well as corporate leaders and educators.

His work centres on happier, healthier and higher performance.

Dan is an international keynote speaker and regularly presents alongside industry leaders on topics of leadership, mindset, motivation and peak performance.

Follow at @danhaesler



**THURSDAY 10 JUNE, 6.00-8.00PM**  
**STUARTHOLME LIBRARY**

Please register at [www.stuartholme.com/events](http://www.stuartholme.com/events)

