# OVERVIEW OF THE DAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
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<td>8:30-9:00</td>
<td><strong>REGISTRATION &amp; COFFEE</strong></td>
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| 9:00-10:30    | **Session One**                     Workplace and Academic Well-being: The Roles of Teacher and Student Motivation, Engagement and Buoyancy  
Professor Andrew Martin - School of Education, UNSW |
| 10:30-11:00   | **MORNING TEA**                                                                   |
| 11:00-12:30   | **Session Two**                     How positive psychology principles underpin student and teacher well-being and the role that teacher self-efficacy plays in teacher and student resilience  
Bernardine Knorr - Head of Teacher Excellence, St Catherine’s School Waverley |
| 12:30-1:15    | **LUNCH**                                                                         |
| 1:15-2:45     | **Session Three**                    School Case Study on Wellbeing of Staff and Students  
Jacqueline Lyons - Principal, Sydney Technical High School |
| 2:45          | **EVALUATION**                      Dr Margaret Varady  
Coordinator of the Office of Educational Leadership  
m.varady@unsw.edu.au |

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**NOTE:** Workshops that are registered at Lead Teacher level can still be used by teachers for the maintenance of accreditation at Professional Competence and Highly Accomplished levels.