



Presentation

Associate Professor Sue Roffey: Saturday 6th June

Title of Presentation: Wellbeing begins with we.

Presenter Name: Associate Professor Sue Roffey

Abstract:

Wellbeing goes beyond the subjective. It is about how we want our communities to be, how we want our futures to be, how we look after the world we all share and each other. We have choices. A focus on the ego system means putting most effort into seeking what is good for me. Individuals may have short-term superficial gains but lose out on longer-term sustainable wellbeing and a life well lived. When we focus on the eco-system, collaboration and the common good we contribute not only to a sense of meaning in our lives but a sustainable and better future for us all.

Presenter Biography:

Sue Roffey is an educational psychologist, academic, writer, social activist and international speaker. She is currently Associate Professor at the University of Western Sydney (adjunct) and the author/ editor of numerous books, many addressing social, emotional and behavioural issues in education. Sue is the founder of Wellbeing Australia, Lead Co-Convenor of the Student Wellbeing Action Network, creator of the Aboriginal Girls Circle and co-creator of Growing Great Schools. Her purpose is to promote the values of shared humanity for a safer, kinder and more tolerant world.