



# Workshop

Dr Sue Roffey: Sunday 7<sup>th</sup> June

**Title of Workshop:** A framework for flourishing relationships

**Presenter Name:** Dr Sue Roffey

## **Abstract:**

According to Selgiman (2011) a positive relationship is one of the five factors that contribute to authentic wellbeing. Our relationships with other people can be the source of great joy, contentment and support – but can also be the cause of our deepest misery and despair. This is not just at home but across our lives: at work, at school and in our communities. Often we only pay attention to relationships when they go wrong. We need to help our children and young people learn how to establish and maintain healthy relationships, deal well with difference and handle conflict skilfully. It is hard to do this when adults are not very emotionally literate themselves or where the dominant relational paradigm is 'I-It' which denies our shared humanity and focuses on what is 'good for me' rather than an 'I-you' paradigm which fosters mutual understanding and focuses on 'what is good for us' (Goleman, 2007).

This interactive workshop introduces a philosophy and pedagogy for learning relationships, based in the six principles of respect, agency, positivity, inclusion, democracy and safety. It also offers a 12 dimensional framework for social and emotional learning. Participants will see via a photo film showing how this has been put into practice in schools and be given the opportunity to explore some related activities. These approaches have been positively evaluated in two separate studies. (McCarthy & Roffey, 2013, Dobia et al., 2014)

## **Presenter Biography:**

Sue Roffey is an educational psychologist, academic, writer, social activist and international speaker. She is the author/ editor of numerous books, including *Positive Relationships: Evidence Based Practice Across the World*, published by Springer. Several books have been translated into other languages. 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

<http://www.positivepsychology.org.nz/conference-2015.html>

of Growing Great Schools. These initiatives are based in the Circle Solutions framework. Her purpose is to promote the values of shared humanity for a safer, kinder and more tolerant world.