



# Workshop

Dr. Jo Mitchell: Sunday 7<sup>th</sup> June

**Title of Workshop:** Applied Wellbeing Science - illness to wellness

**Presenter Name:** Dr Jo Michell

## **Abstract:**

This workshop will focus on how wellbeing science theory and research has been applied in the workplace, using examples from The Mind Room - a clinical psychology and wellbeing practice - and AFL Players Association - a not-for-profit sporting organisation that represents the players of Australia's premier sporting code. It highlights how positive psychology can inform and influence everything from physical environment, to workplace culture, to wellbeing promotion and psychological treatment. This will be an interactive session that asks you to think, ask questions and get involved.

## **Presenter Biography:**

Jo Mitchell is Wellbeing Manager and clinical psychologist at the AFL Players Association and co-founder of The Mind Room, a wellbeing and performance psychology community. She is a clinical psychologist who works with older adolescents and adults, combining evidence based clinical approaches with wellbeing science (positive psychology, mindfulness, ACT). She has completed a PhD in enduring happiness and optimal human performance at Monash University, Melbourne. Jo has a passion for integrating technology, innovation and creativity into applied psychology and helping people and communities build flourishing lives.