



Case Study - Perth College

Strategic Positive Education consulting and training supported Perth College to implement and embed community wide positive cultural change building upon existing student programs. This College wide approach allows all to flourish with measurable increases in resilience, optimism, leadership skills and achievement observed.

The challenge	Perth College is a highly regarded independent girls' school in Western Australia. In 2012, the College had put in place a strong social and emotional learning program for their students – Inside Out. It was proving valuable to develop leadership skills and respond to pastoral needs, but it was purely student focused. A strong need was felt to build upon the successful student program to create a positive whole school culture which supported all in the community to flourish and become daring leaders.
Our Solution	Perth College engaged with the Positivity Institute to develop and embed a community wide Positive Education strategy. Over a period of 5 years we provided Positive Education Consultation and professional development to the College which included the following elements: <ul style="list-style-type: none">• Strategic rollout of Positive Psychology training to all staff starting with self-nominated early adopters• Coaching for all staff in dedicated leadership positions to support the practical application and embedding of the training.• Coaching skills training for all staff to create a culture of coaching at the college• Partnering with Perth College to present 4 conferences which showcased the Positive Education focus of the College and reached out to the whole community

The Results

The school now not only provides students with key psychological skills but has ensured that all staff have been trained in both Positive Psychology and Coaching skills. Knowledge is starting to be shared with families as well creating a shared language to promote flourishing in all domains

This has resulted in genuine whole school change, a deep and shared understanding and ongoing commitment to positive education at Perth College which can be observed in all areas of the school and creates a key point of difference for the College.

Perth College has been able to support their students to build resilience, optimism and achievement which is demonstrated by their wellbeing data which also shows an increase in hope and engagement for their students and staff.

Perth College has had the opportunity to provide education and inspiration beyond the College Community by way of the annual Flourish Conference which became an international event in 2020 when it was presented online.