An Exclusive Executive Retreat & Wellbeing Journey



Dr. Michael Newton
PHD, AEP



Dr. Steven Kiely
PHD, MAPS

AISWA Principal Health and Wellbeing Program

Retain great Principals. Avoid costly turnover. Keep exceptional leaders longer.

Principal wellbeing is a critical strategic imperative for governance.

Why It Matters For You

You constantly pour energy into others. This exclusive program puts you first, safeguarding your health and professional passion

Reclaim physical vitality and emotional resilience

Protect against burnout and chronic fatigue

Model sustainable leadership practices for your school

The Experience

Executive Health Screening: Comprehensive pathology, physical evaluations, and a 1-on-1 medical consultation

Retreat & Workshops: Four interactive sessions exploring physical, emotional, and mental wellbeing, anchored by a dedicated Wellbeing Retreat

1-on-1 Coaching: Five personalised sessions with Thrive Organisational Wellness experts to build lasting habits.

Facilitators

Dr. Mike Newton (PhD, AEP): Lifestyle medicine consultant and clinical exercise physiologist

Dr. Steve Kiely (PhD, MAPS): Elite performance psychologist (sport/military background)

Supported by **Lucy Sabatini** (Manager, Wellbeing, AISWA) and **Dr. Helen Aguiar** (Director School Programs and Services, AISWA)

Essentials

Cohort Size: Strictly capped at 15–20 Principals

Investment:

Program cost per school:	$9,990 (plus GST)
AISWA CAF Scholarship participant:	($4,000)
Cost to school after scholarship	**$5,900** (plus GST)

Timeline: Applications open Term 4, 2026; program commences Term 1, 2027

APPLY NOW

Contact
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AISWA