



AUSSIE OPTIMISM: Train-The-Trainer 2024

Learn to train others in the Aussie Optimism Program

THE AUSSIE OPTIMISM TRAIN-THE-TRAINER PROGRAM

- Learn about and become an accredited trainer in the Aussie Optimism program
- Learn about mental health and the prevention of mental health difficulties
- 4-day workshop held at Curtin University
- Fully funded by the Mental Health Commission WA



Curtin University



Government of Western Australia
Mental Health Commission

APPLICATIONS ARE NOW OPEN FOR THE AUSSIE OPTIMISM TRAIN-THE-TRAINER PROGRAM IN JUNE 2024

THE AUSSIE OPTIMISM PROGRAM

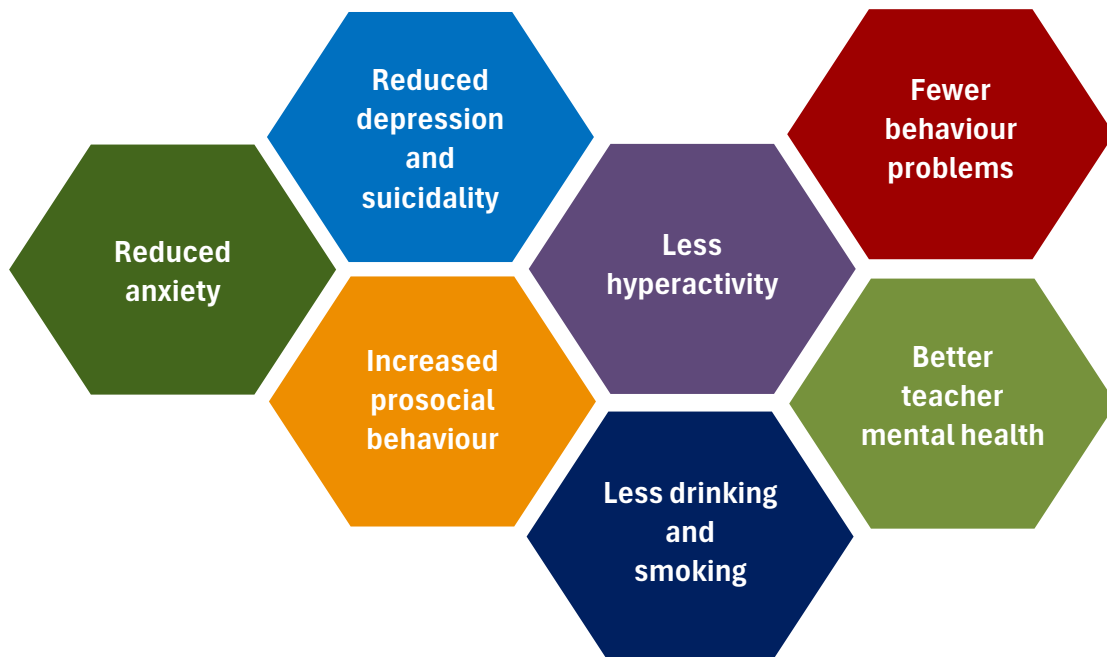
Developed at Curtin University, Aussie Optimism is an evidence-based mental health promotion program for children and adolescents from Kindy to Year 8.

HOW DOES IT WORK?

- School-based learning delivered by teachers, psychologists, or support staff
- 10 weekly sessions per year, designed for use in whole classes or small groups
- Mapped to the Western Australian and National HPE curriculum (and EYLF for Kindy)
- Develops emotional literacy, social skills, positive thinking skills, and coping skills
- Teacher training workshops available at Curtin University and at local schools

WHAT'S THE EVIDENCE?

Our research shows associations with:



WHAT DO AUSSIE OPTIMISM TRAINERS DO?

- Represent the Aussie Optimism Program in their school or organisation
- Present at least one Aussie Optimism training workshop per year in their education region, service area or at Curtin University
- Support and coach school staff in AO program implementation
- May run the classroom programs with students

THE AUSSIE OPTIMISM TRAIN-THE-TRAINER PROGRAM

Aussie Optimism currently receives funding from the Mental Health Commission WA to deliver the train-the-trainer program and provide resources for teachers to implement the programs in schools.

The Aussie Optimism Train-the-Trainer program is delivered over four days:

Day 1	Day 2	Day 3	Day 4
<ul style="list-style-type: none">• The Aussie Optimism Program• The rationale for this program• Social-emotional learning and teaching	<ul style="list-style-type: none">• Aussie Optimism in lower primary school (K-3)• Discussing emotions with children	<ul style="list-style-type: none">• Aussie Optimism in years 4-6	<ul style="list-style-type: none">• Aussie Optimism in high school (years 7 & 8)• Training, coaching and implementation

AUSSIE OPTIMISM TRAINERS:

- are the front line of the Aussie Optimism Program. They represent Aussie Optimism in schools and other community organisations
- sustain the integrity and quality of the program
- are expected to deliver Aussie Optimism workshops in their entirety with fidelity and integrity to the materials
- provide coaching and support to teachers who implement the programs in schools
- may deliver the programs themselves in classes, small groups or one-on-one
- are expected to deliver at least one training workshop per year
- are trained and supported by the Aussie Optimism research team at Curtin University
- are encouraged to join a network of Aussie Optimism trainers, and attend the annual Aussie Optimism Steering Committee Meeting at the end of each year

WANT MORE INFORMATION?

Contact: Maryanne McDevitt, Aussie Optimism Program Coordinator

Phone: 9266 2757

Email: maryanne.cheng@curtin.edu.au OR aussie.optimism@curtin.edu.au

The upcoming program will be held at Curtin University from **Tuesday 28th May until Friday 31st May 2024**

HOW TO APPLY

- Send us a recent copy of your CV and a statement addressing each of the selection criteria listed on the next page

APPLICATION DEADLINE: Friday 26th April 2024, 5pm

SELECTION CRITERIA FOR AUSSIE OPTIMISM TRAINERS

Essential

1. Enthusiasm for promoting child and adolescent social-emotional wellbeing
2. Interest in developing students' and school staff knowledge, attitudes and skills in mental health
3. Confidence and skills to present training workshops to school staff at school or regional level
4. Commitment to maintaining the integrity and quality of the Aussie Optimism materials
5. Understanding of outcome focused education
6. Demonstrated support from your line manager to conduct at least one Aussie Optimism workshop per year, either at your school, another school or at Curtin University

Desirable

1. Teaching or student support experience (min. 2 years)
2. Good public relations skills
3. Accepted within the school culture
4. Previous experience in conducting professional learning in schools
5. Confidence to coach and support teachers in program implementation

Please provide contact details of your line manager who can provide a reference on your behalf, and confirm your availability to deliver at least one PD per year.

Please email your complete application to: maryanne.cheng@curtin.edu.au

Please submit your application no later than 5pm on Friday 26th April 2024