



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

Applied Positive Psychology Well-Being Incursions for High Schools

HELPING STUDENTS ACHIEVE EXCELLENCE

*Deepen Your Students Learning,
Improve their Life, and Help them
Grow in Self-Empowerment!*



With the multitude of challenges youth today face, consistently improving the quality of their personal and school life, relationships, religious life, health and more is a struggle. Our applied positive psychology solutions are here to help support youth wellbeing in all areas of life.

Expert Instructor

International

Lifetime Learning

Self Development

Contact us today to get started

<https://aishameguid.com/positive-psychology-for-high-schools/>

WELCOME TO THE SCIENCE OF YOUTH WELL-BEING!

Applied Positive Psychology Well-Being & Incursions for High Schools

What is Positive Psychology?

Positive psychology is a branch of psychology centred on building your character strengths and behaviours to support you in moving beyond surviving to flourishing, by building a life of meaning and purpose. Research in the field is aimed at identifying the elements and processes that lead to meaningful life satisfaction and well-being in the various human domains.

Comprehensive Positive Psychology Well-Being & Incursions for High Schools

Our high school youth well-being/incursions are based on the most comprehensive positive psychology programs in Australia developed by leading experts in the field. Our extensive positive psychology incursions teach a range of science-based, effective strategies to significantly improve youth wellbeing, incorporating up to date insights from the field.

Grow your Students Key Wellbeing Domains

Our well-being incursions teach youth how to operate from a strength perspective and significantly improve their autonomy by addressing key wellbeing domains:

- ✓ **Social-Emotional Management**
- ✓ **Growth Mindset**
- ✓ **Values**
- ✓ **Self-Acceptance**
- ✓ **Strengths**
- ✓ **Resilience**
- ✓ **Positive Relationships**
- ✓ **Achievement And More.**



Great Benefits of Positive Psychology for High School Youth

APPLIED POSITIVE PSYCHOLOGY
WELL-BEING INCURSIONS
FOR HIGH SCHOOLS

Our Positive Psychology Services Can Help Your Students Learn:

- ✓ How to build positive, meaningful change in a range of real life contexts
- ✓ How to confidently apply positive psychology principles to their life (personal, school life, emotions, habits, relationships, health, lifestyle, religion and more) and evaluate these experiences
- ✓ Different strategies to enhance and promote wellbeing and optimal functioning, and important factors that comprise sustained behavioural change.
- ✓ How to operate from a strengths perspective and improve their wellbeing in these key 8 areas: social-emotional management, growth mindset, values, self-acceptance, strengths, resilience, positive relationships, achievement & more.

DEEP LEARNING

Positive psychology is based on scientific understanding of how humans flourish through positive psychology.

SELF-EMPOWERING

Positive psychology principles can be applied to all areas of life – personal, school, emotions, habits, relationships, health, future career, lifestyle, religion and more.

LIFE CHANGING

Positive psychology helps youth build positive, meaningful change in a range of real life contexts

GREATER WELLBEING

Positive psychology enhances and promotes youth wellbeing and optimal functioning, and important factors that lead to sustained behavioural change



Mentally Tough Teens

Creators: Psychology Professor,
Dr Suzy Green & Daniela
Falecki (Positivity Institute)

Mental Toughness is a scientific-based program that builds student resilience, achievement and wellbeing.

It uses the 4C's Model where Mental Toughness is the product of four elements:

1 Control:

Believing you can control your destiny.
"I can always find a way to influence what's happening for me"

2 Commitment:

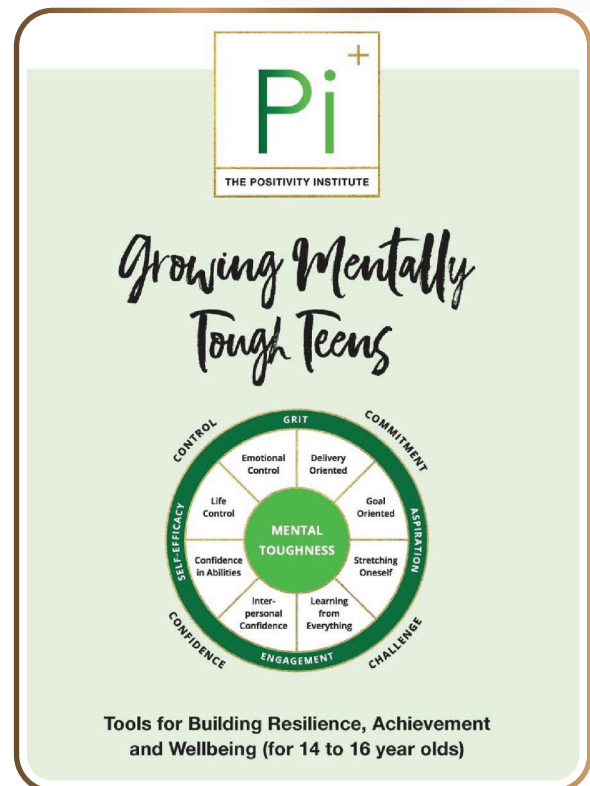
Being able to stick to tasks.
"I'm determined to keep showing up, no matter what"

3 Challenge:

Seeing challenge as an opportunity.
"Pressure is just part of the deal - you've just got to embrace it"

4 Confidence:

Having high levels of self-beliefs.
"I'm willing to back myself in pretty much any situation"



PROGRAM CONTENT - *'Mentally Tough Teens'*

Units	Each session requires 1 hour teaching/learning		
Unit 1 - Toughening Up (The What And Why Of Mental Toughness)	Session 1	Session 2	Session 3
	<ul style="list-style-type: none"> Defining mental toughness Overview of the 4C's Measuring MT options 	<ul style="list-style-type: none"> The nature and cause of stress How stress effects the body Healthy ways to manage stress 	<ul style="list-style-type: none"> Helpful and harmful coping strategies Accessing safe and reliable support
Unit 2 - Becoming Captain Of Your Destiny (Life Control)	Session 4	Session 5	Session 6
	<ul style="list-style-type: none"> Internal vs external locus of control Circle of concern and influence 	<ul style="list-style-type: none"> Learned optimism and helplessness Explanatory styles ANTS & PETS 	<ul style="list-style-type: none"> Managing distractions and maintaining focus Impact of too much control
Unit 3 - Riding The Emotional Rollercoaster (Emotional Control)	Session 7	Session 8	Session 9
	<ul style="list-style-type: none"> Building emotional literacy Mapping emotions Understanding emotions 	<ul style="list-style-type: none"> Emotions and the brain Anxiety control and relaxation techniques 	<ul style="list-style-type: none"> Laughter as medicine Practicing optimistic thinking
Unit 4 - Planning For Your Best Possible Self (Commitment To Goals And Achievement)	Session 10	Session 11	Session 12
	<ul style="list-style-type: none"> Visualise your best possible self in challenging situations, eg. exams Chunking task 	<ul style="list-style-type: none"> Setting SMART goals Prioritising time (urgent-important) 	<ul style="list-style-type: none"> Planning for goal achieving Learning to GROW with peer coaching
Unit 5 - Developing A Growth Mindset (Challenge With Risks And Learning)	Session 13	Session 14	Session 15
	<ul style="list-style-type: none"> Choosing to take on challenges Reflecting and learning from mistakes Developing hope 	<ul style="list-style-type: none"> Reflecting on learning journeys Exploring possibility Research heroes and heroines 	<ul style="list-style-type: none"> Understanding growth mindset Predicting opportunities and setbacks Mental rehearsal
Unit 6 - Creating Positive Relationships (Confidence Relationships)	Session 16	Session 17	Session 18
	<ul style="list-style-type: none"> Developing trust The power of vulnerability Expressing gratitude 	<ul style="list-style-type: none"> Values clarification Communicating perspectives Identify character strengths 	<ul style="list-style-type: none"> Building effective teams Communicating in teams Responding above and below the line
Unit 7 - Be Your Own Coach (Confidence Abilities)	Session 19	Session 20	Session 21
	<ul style="list-style-type: none"> Standing up for beliefs Articulating strengths in contexts 	<ul style="list-style-type: none"> Reflection and reviewing learning Developing listening skills Reviewing mental toughness and the 4C's 	<ul style="list-style-type: none"> Team challenge Developing a personal mental toughness plan The next step with GROW



Program Achieve - Secondary Students

Program Author:

Professor of Education, Michael E. Bernard and Andrea Strudwick

This program follows the following topics:

1 *Achievement:*

Work Confidence (growth mindset), Persistence, Organisation and Teamwork

2 *Commitment:*

Values, Character Strengths and Getting Along Skills,

3 *Wellbeing:*

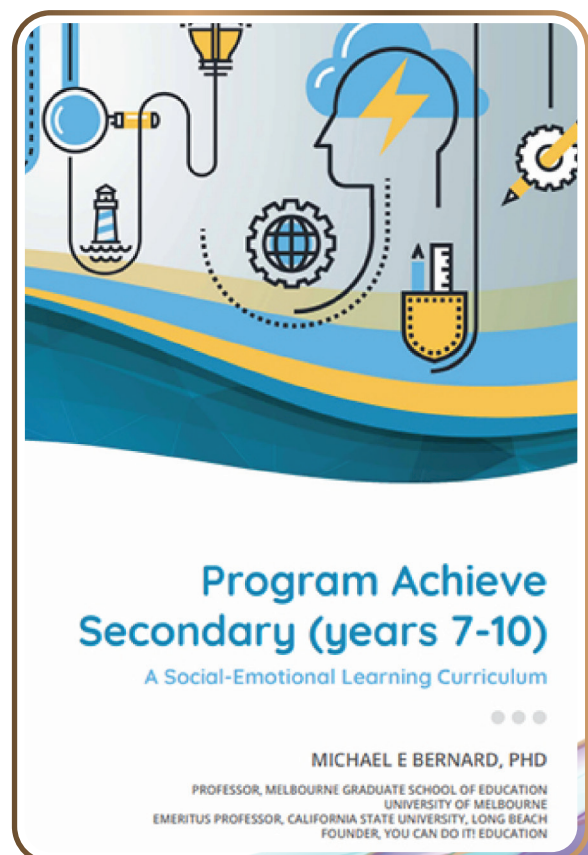
Resilience and Happiness (self-awareness, self-management, ABCs, cognitive restructuring, mindfulness)

4 *Social-Emotional Blockers:*

Anger, Not Paying Attention, Procrastination, Worry and Feeling Down (awareness and self management)

Each social-emotional learning activity addresses an aspect of the ACARA national curriculum's Personal and Social Capabilities.

Program Achieve (Secondary) has been recognised by the Australian government's Beyond Blue – Be You as being a 'best practice' mental health and wellbeing program meeting all essential criteria including evidence from research of effectiveness.



PROGRAM CONTENT - 'Program Achieve'

Each topic requires 30 minutes teaching/learning

YEARS 7-8	YEARS 9-10
<p>Part 1: Achievement. Work Confidence, Persistence, Organisation, Teamwork</p> <p>Activity 1: What is success? Activity 2: Growth Mindset Activity 3: Keys for Success. Activity 4: Work Confidence Activity 5: Persistence Pays Off Activity 6: Goal Setting and Commitment Activity 7: Time Management Activity 8: Teamwork</p>	<p>Part 1: Achievement. Work Confidence, Persistence, Organisation, Teamwork</p> <p>Activity 1: The Goal of Success: Personal Best Activity 2: Success Formula Activity 3: Growth Mindset Pep-Talk Activity 4: Confidence at Work Activity 5: Persistence Means Working Tough Activity 6: SMART goals. Activity 7: Task Analysis Activity 8: Collaboration</p>
<p>Part 2: Relationships. Values, Character Strengths And Getting Along Skills</p> <p>Activity 9: Good character Activity 10: Friends Activity 11: Conversation Crackers Activity 12: Peer Pressure Pointers Activity 13: Dealing with Difficult People Activity 14: Empathy: Putting Yourself in the Hearts of Others Activity 15: Assertiveness - A Tool for Dealing with Conflict Activity 16: Volunteering</p>	<p>Part 2: Relationships. Values, Character Strengths And Getting Along Skills</p> <p>Activity 9: Social Intelligence. Making People Feel Important and Valued Activity 10: Social Character Strengths Activity 11: Active Listening Activity 12: Empathy: Walk a Mile in Someone's Shoes Activity 13: Accepting Everyone Activity 14: Steps to Friendship Activity 15: Solving Conflicts Activity 16: Coping with Anti-Social, Mean and Bullying Behaviour</p>
<p>Part 3: Wellbeing. Resilience And Happiness</p> <p>Activity 17: Emotions and their Temperatures Activity 18: The Key of Resilience Activity 19: Catastrophising Activity 20: Coping Skills Activity 21: Rational Thinking in Action Activity 22: Mindfulness Exercise Activity 23: Gratitude. Stock Taking Activity 24: The Act of Kindness</p>	<p>Part 3: Wellbeing. Resilience And Happiness</p> <p>Activity 17: Emotion Meter Activity 18: Brilliant Resilience Activity 19: Recalibrating Badness Activity 20: Stress Management Skills Activity 21: Rational Resilience Activity 22: Mindfulness and Stress Management Activity 23: Gratitude Journals Activity 24: The Power of Kindness</p>
<p>Part 4: Social-emotional Blockers. Anger, Anxiety, Feeling Down, Not Paying Attention, Procrastination</p> <p>Activity 25: Feeling Down Activity 26: Feeling Down? Don't Take Things Personally Activity 27: The Blocker of Anxiety Activity 28: Overcoming Public Speaking Anxiety Activity 29: Anger: Paying the Price Activity 30: Anger Management Activity 31: Procrastinate Pays Poorly Activity 32: Procrastination By-Pass Techniques</p>	<p>Part 4: Social-emotional Blockers. Anger, Anxiety, Feeling Down, Not Paying Attention, Procrastination</p> <p>Activity 25: Feeling Down. Be Proud of You Activity 26: Getting Up when Feeling Down Activity 27: Social Anxiety and Shyness Activity 28: Taming Test Anxiety Activity 29: Anger: The Misunderstood Emotion Activity 30: Living with and Without Anger Activity 31: Why Procrastinate? Activity 32: Procrastinate Later!</p>



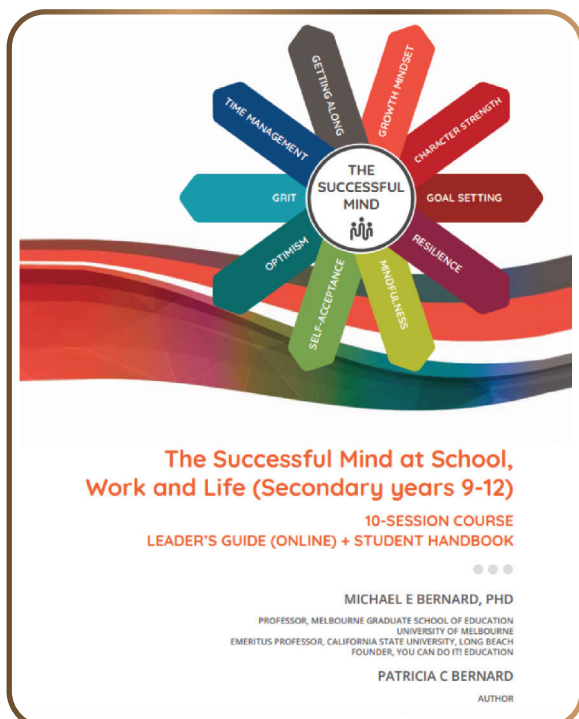
The Successful Mind at School, Work and Life

Program Author:

Professor of Education, Michael E. Bernard and Patricia C. Bernard

A successful mind is strengthened in young people through a variety of learning activities employed in this course including structured learning activities combined with small group interaction, discussion and application.

There is a psychological and neuro-scientific research-based foundation of the successful mind course.



Program Content

Topics

Session 1

Growth Mindset

Session 2

Character Strength

Session 3

Goal Setting

Session 4

Resilience

Session 5

Mindfulness

Session 6

Self-acceptance

Session 7

Optimism

Session 8

GRIT

Session 9

Time Management

Session 10

Getting Along



ABOUT

Aisha Meguid

Aisha has been offering personal development, empowerment & wellbeing services for over 15 years to women and youth. These include workshops, courses and professional coaching.

Her qualifications include:

B.A Degree (Sydney Univ, 1993)

Graduate Diploma, Education (UWS, 1996)

Graduate Cert NLP (2005, Inspiritive Education)

Masters Degree, Islamic Studies (Charles Sturt Univ, 2018)

Masters Degree, Positive Psychology (Melbourne Univ, 2021)

*Help Your Students Grow their
Positive Psychology Skills to
Live their Highest Well-Being*

CONTACT US TODAY!

To enquire about our services in supporting the highest wellbeing of your school please contact us below:

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