
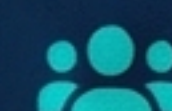
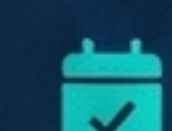
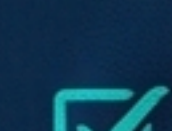
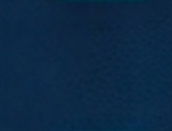


Independent Evaluation by:  University of Adelaide, Wellbeing in Learning & Development Laboratory (WiLDlab)

PROGRAM OVERVIEW



-  **184 Total Participants**
-  **1-Day Workshop**
-  **3 Assessment Points:**
Baseline, 1 Week, 3 Months Post-Program
-  **Validated Instruments:**
PERMA Profiler, BRS, PCI

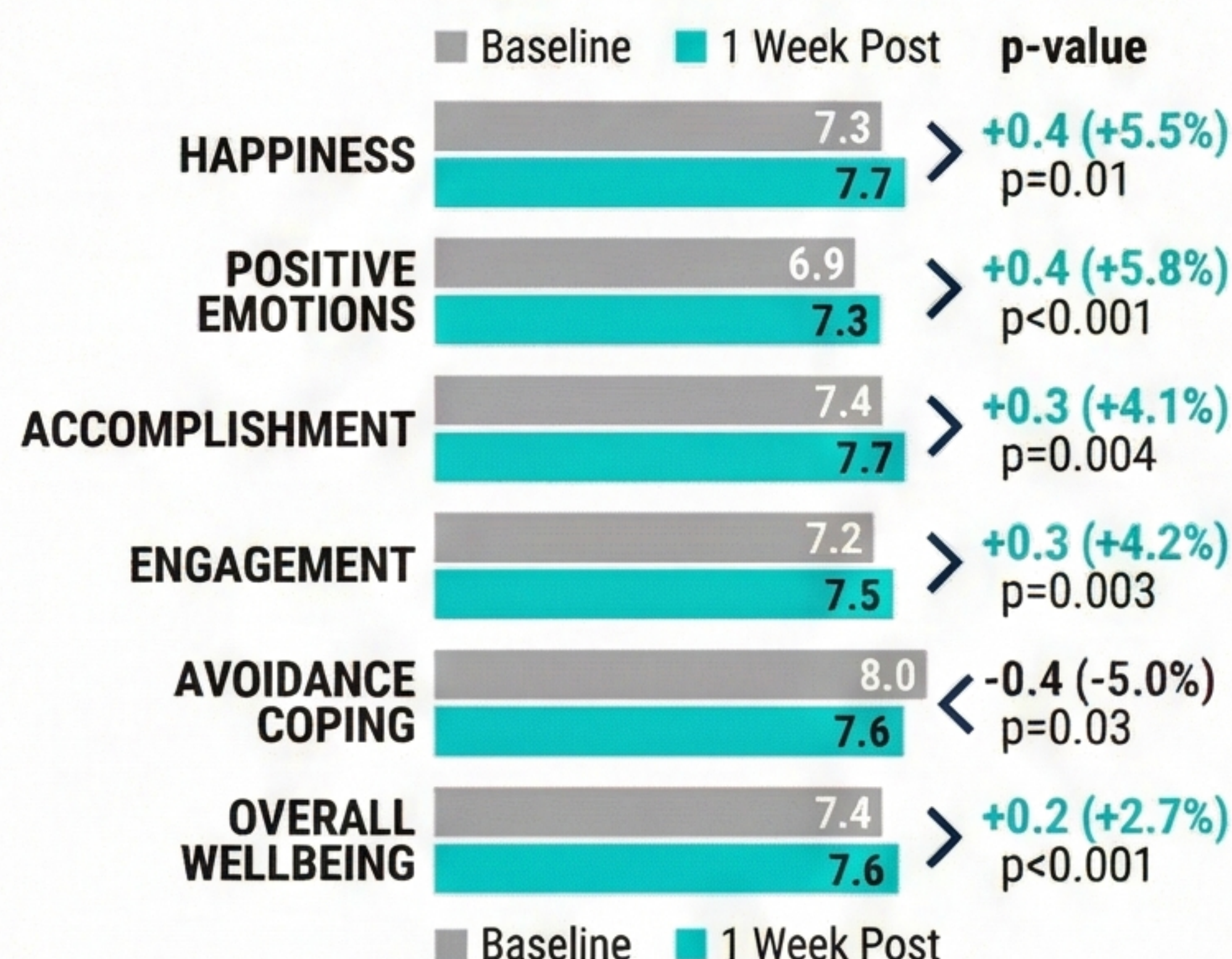
BASELINE WELLBEING (Pre-Program)

Strong baseline wellbeing (7.4/10 overall)



IMPACT RESULTS: 1 WEEK POST-PROGRAM

Before vs. After



6 STATISTICALLY SIGNIFICANT IMPROVEMENTS (p < 0.05)



WHOLE-SCHOOL IMPACT & STRATEGIC BENEFITS



VALIDATED FRAMEWORK

The program successfully activated and validated the school's "Known, Nurtured, Challenged" framework, providing a shared language and toolkit for staff wellbeing.



DATA-DRIVEN BASELINE

Established a robust, independently verified baseline of staff wellbeing, allowing for data-informed strategy and targeted future interventions.



FOUNDATION FOR GROWTH

The significant short-term improvements demonstrate the potential for positive change, creating a strong foundation for ongoing, sustained wellbeing initiatives across the whole school.