Wellbeing Australia is a not-for-profit Network of people and organizations committed to developing the healthy relationships that lead to individual and community wellbeing, especially in education.

Building Healthy Communities

Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience

Decades of research in the behavioral and social sciences have produced substantial evidence that children who do well despite serious hardship have had at least one stable and committed relationship. READ MORE

Recovering Resilience: 7 Methods For Becoming Mentally Stronger

“Resilience is in large part learnable. It may take a lot of practice and a number of different strategies … but it can be improved upon over time.” Article from Forbes. READ MORE

Building resiliency in young people

Resilience and SEL in Contexts of Conflict and Violence

Article from the World Bank: really worth a read: WB Learning and Resilience.pdf. “Children with social and emotional skills do better in school, have improved relationships with peers and adults, are. READ MORE
Resilience: A Lesson From Sochi

An article on resilience and responsibility – from BBC Capital: http://bbc.in/Nkr3DM “When parents help their kids navigate every challenging situation, from “extra” help with homework to completing college applications for.. READ MORE

Building Resilience in the Early Years

Read this excellent article by Debbie Miller: http://www.careforkids.com.au/childcarenews/2013/october/15/

Good Failures

Good failures – all students need resilience, grit and determination. Article from Thomas Hoerr on Educational Leadership

Take a proactive approach to building positive relationships

We all have relationships – with our partners, children, parents, friends, colleagues and many others. And, according to the authors of Positive Relationships: Evidence Based Practice across the World –.. READ MORE