



MENTAL WEALTH



How to Build Relationships, Resilience and Results

THE BIG LEAP

Transition to High School & Mental Wealth

The transition to high school is a crucial moment in life. In this interactive, high energy, and inspiring session, students are prepared for high school in a way that helps them build new friendships, manage their emotions, and feel like they belong right from the start!

- > NSW curriculum (PD3-1, PD3-2, PD 3-9)
- > National curriculum (ACPPS052, ACCPS053, ACCPS055, ACCPS056)

STUDENTS

- ✓ Practice “opti-realism” to overcome anxiety and create healthy expectations
- ✓ Build confidence & skills to create new and positive relationships
- ✓ Discover and practice the five principles of “mental wealth”

(Recommended year 5-6)



MENTAL WEALTH FOR FAMILIES

How to Build Relationships, Resilience & Results at Home

It starts at home. Inspired by the PERMA+H model of positive psychology plus proven communication tools, this session invites parents to build relationships and resilience at home, leading to results in school and life. They will leave feeling empowered to help the family build their strongest ‘resilience bank’.

PARENTS

- ✓ Learn the “LOVES” method to communicate with courage & compassion
- ✓ Use the “happiness edge” to improve motivation & engagement
- ✓ Discover the five “giant leaps” for better mental health & resilience

MENTAL WEALTH FOR STAFF

How to Build Relationships, Resilience & Results at School

Wellbeing is a culture. This interactive workshop will give staff simple and effective tools to use with their colleagues, in their classrooms, and by themselves. They will leave feeling confident and capable to hold better conversations, help students in distress, and most important of all - build their own ‘resilience bank’.

STAFF

- ✓ Use the “happiness edge” to improve engagement & retention
- ✓ Discover the five “giant leaps” for better mental health & resilience
- ✓ Learn the “LOVES” method to build connection & belonging

➔ LET'S TALK



nick kenny

SPEAKER | FACILITATOR | TRAINER

Nick Kenny is a **keynote speaker and facilitator** with over **ten years of experience**, Senior Facilitator with the Speakers Institute, and creator of the 'Mental Wealth' and "Youth Unplugged' programs. He holds a Bachelor of Arts (honours), a Diploma of Counselling, a Master of Politics and Public Policy, and a Postgraduate Diploma of Psychology.

However, this didn't come easily. Growing up with a quadriplegic father, an ADHD diagnosis, and decades of addiction to drugs and alcohol, Nick struggled with mental health throughout his entire life. In 2019, he hit rock bottom. Nick re-evaluated his life, transformed himself through the power of habit, and became obsessed with personal growth and positive psychology.

Since then, he has helped over **15,000 students, parents and educators** in more than **100 schools** take ownership of their mental health through workshops and keynote presentations. He has appeared on SBS Insight discussing mental health and addiction, helped thousands of people through the SMART Recovery program, and his one-minute "Mental Wealth" videos have attracted more than 40,000 Instagram followers.



"Outstanding"



Diane Read
Principal
Lindfield East Public



"Absolutely
incredible"



Monique Oliphant
Year Six Coordinator
Hornsby South Public



"Incredibly
impactful"



Megan Saffioti
P&C President
Hamilton South Public



"100% would highly
recommend"



Shannon Cameron
Vice-President
NSW PDHPE Teachers Association

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