



# Presentation

Lindsay Oades: Saturday 6<sup>th</sup> June

**Title of Presentation:** Kooloobong Village: Positive education for the tertiary sector

**Presenter Name:** Lindsay G. Oades

## **Abstract:**

Oades et al (2011) highlighted the limited work in positive education that has focussed at the tertiary level. They proposed a framework for a positive university which included the importance of residential living. Kooloobong Village (KBV) is the newest and largest on-campus residence at the University of Wollongong, Australia. Over the past two years KBV has been steadily developing as a 'positive residence', with the overarching objective of using positive psychology and the science of wellbeing to promote life-long wellbeing amongst its residents and staff. The core of the program will be described via an overview of the program logic and its key enablers including positive psychology coaching, strengths use and spotting, assisted self-regulation, wellbeing informed activity planning and the wheel of wellbeing. The importance of a whole of unit and systemic approach will be discussed.

## **Presenter Biography:**

Lindsay Oades, MBA, PhD is an Associate Professor in Positive Psychology at the University of Melbourne. He has a key interest is positive mental health and wellbeing across all key contexts within society ie educational, health, business and public policy. Lindsay's contribution has been recognised by his numerous invited international keynote presentations and several awards, and his recent consultancies include the Australian Mental Health Commission (working on the Contributing Life Project), NSW Mental Health Commission (involved in the development on the Wellbeing Collaborative), Department of Education and Community (consulting on the development of the NSW Wellbeing Framework for Schools) and Maudsley International (international global mental health consultancy). Lindsay was an invited visiting researcher to the Institute of Psychiatry, Kings College London in 2013. Lindsay is a co-editor on the International Journal of Wellbeing, and hosted the 3rd Australian Positive Psychology

and Wellbeing Conference in 2012. Lindsay's outstanding teaching record was recognised in 2013 with an Australian Government OLT Citation for Outstanding Contribution to Student Learning. Lindsay has published or has in press over 100 refereed journal articles and book chapters, and has published in esteemed journals such as Psychological Assessment and International Review of Psychiatry. Lindsay is committed to the use of positive education as a key enabler in promoting positive mental health and wellbeing in society, and buffering against mental ill health.