

**CPPA HANMER CONFERENCE**  
**Sunday, Monday and Tuesday**  
**20-22 August 2017**

*Proudly supported by Hurunui Tourism*

**Venue: The Heritage, Hanmer Springs**

CPPA encourage all members to register for this time of learning and collaboration. As usual there will be the expected fellowship, networking, relaxation and fun.

**Theme: Hauora**

We're all aware of the stress that we can feel in this complex roles of principal and that the best support we can get comes from another principal. Time to take care of ourselves and be mindful of our own health. This annual event is heavily subsidised by the CPPA to assist everyone to participate in our Professional Learning Programme and Networking. Register TODAY!

**Cost:** \$600 per person less a subsidy of \$300 per person from the CPPA bringing the price you pay down to **\$300**.

This cost includes a BBQ on Sunday evening at the warm Golf Club with the same caterer as last year (remember that delicious meal?), all meals on Monday, breakfast and lunch on Tuesday, morning teas each day and shared accommodation for two nights.

Those requiring single accommodation will be charged a supplement of \$165.00.

If you choose to stay only one night, there is no reduction in fee due to the large subsidy from CPPA.

***Please register by 1 August as accommodation cannot be guaranteed after this date.***

Please note that there are a limited number of villas which are allocated on a first come first served basis. If you wish to share with someone in particular please include this in your registration form, we will do our best to accommodate your needs.

Once you have registered at <http://cppa.mysub.co.nz> you will receive a confirmation email. If you do not receive this confirmation email your registration has not been made.

Go back and do it again.

You will then receive an invoice. Please ensure this invoice is paid within 7 days to ensure your registration is accepted. Direct debit is our preferred method of payment, please give the person who pays your accounts the invoice and ask that the Tax Invoice Number is included in the payment to ensure your payment is correctly processed.

See you in Hanmer.

Suzi, Pene, Shane and Lyn



## Programme

### Sunday 20 August

Check in from 2.00 p.m

- *Choose your preference for complimentary passes to Hanmer Pools or Hanmer Golf Club*

6.00 p.m. - Dinner and drinks at Golf Club

### Monday 21 August

6.30 - 8.30 - Breakfast

9.00a.m Welcome

9.15a.m - Lucy Hone - *An Introduction to the Science of Wellbeing: Translating academic insights for professional and personal benefit.*

11.15am - Steve Francis - *Leading And Thriving in Times of Change*

12:30pm - Destination Hanmer

12:45pm - Lunch

Afternoon Hauora - *Pool passes and Golf passes supplied by Hurunui Tourism*

6.00pm - Pre dinner Drinks

7.00pm - Dinner

### Tuesday 22 August

6.30 - 8.30 - Breakfast

9.00am - Lucy Hone - *The Science of Engagement: how mindsets and mindfulness promote learning.*

10.30am - Morning Tea

11.00am - Steve Francis - *Improving YOUR Work-Life Balance*

12.30pm - Lunch

1.00pm - 1.30pm - Dr Kathleen Liberty introduction into the research carried out research

1.30pm - Workshops with principals from a low, a middle and a high decile school who have implemented the recommendations from the research.

3.30pm - end

**Cost \$300.00 twin share**

**Single Supplement \$165.00**

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## Speaker Outlines:

### Dr Lucy Hone



**HUMAN POTENTIAL CENTRE**  
AN AUT UNIVERSITY RESEARCH CENTRE

Dr Lucy Hone combines her research through AUT's Human Potential Centre with professional practice and publishing. Brought up in London, educated at Edinburgh University, the University of Pennsylvania and Auckland's AUT, challenging life events have forced Lucy to combine her academic research in resilience science with personal and professional application.

Having completed her Masters in Applied Positive Psychology on Martin Seligman's

world-leading programme at the University of Pennsylvania, Lucy returned to New Zealand in 2010 when her hometown of Christchurch was unexpectedly struck by a series of devastating earthquakes, including the February 2011 quake killing 185 people. “I thought the earthquakes were my professional calling, a challenging, but utterly unexpected, chance to apply my academic training to promote city-wide resilience and post-traumatic recovery.”

But the death of her 12 year old daughter, Abi, in a tragic road accident in 2014 forced Lucy to draw on her academic insights to foster resilience in even more extreme personal circumstances. The blog she wrote in the aftermath of Abi’s death, *One Wild and Precious Life*, attracted considerable international interest and book deals with New Zealand and American publishers. *What Abi Taught Us, Strategies for Resilient Grieving* (Allen & Unwin, 2016) became number one best seller in New Zealand and has recently been rebranded as *Resilient Grieving* (The Experiment, 2017) for the North American market.

Since the publication of her books Lucy has been in much demand as a Keynote speaker and workshop presenter here and internationally. Fusing academic knowledge with personal grief experience and refreshing honesty make her presentations unique, engaging and memorable. Working with diverse organisations from the Search and Rescue, Child Cancer, Civil Defense, multiple government departments and NGOs, she also contributes a weekly column to the Sunday Star Times and writes internationally for Psychology Today on resilience.

“Most of all I want my messages to be practical and real. Sadly, we are all touched by adversity at some stage and it has become my mission to help people cope with change and loss, by providing them with evidence-based practical strategies allowing them to exert what control they can, where they can”, she explains. “There is now so much robust research available to guide us in coping with loss and trauma, but when Abi died we were told to write off five years of our life, and warned we were key candidates for divorce, mental illness and family estrangement. It was as if the two fields of bereavement and positive psychology had never met: nowhere in the grief literature did I find tools to help us cope, but fortunately, with my training, I knew where to find them.”

Her professional now work focuses on the effective application of wellbeing and resilience science in real world contexts to promote mass-market wellbeing. She’s currently running a Ministry of Education funded pilot-scheme to promote wellbeing and resilience in a number of Christchurch schools. A member of the NZAPP Executive Committee, the *All Right?* advisory board, Lucy is New Zealand’s only representative of the International Positive Education Network (IPEN). She has published her research in several peer-reviewed academic journals including the *Journal of Positive Psychology*, *Social Indicators Research*, the *Journal of Occupational and Environmental Medicine*, the *International Journal of Wellbeing* and *NZ Journal of Human Resources Management*.

Dr Lucy Hone  
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## Steve Francis

Steve Francis understands the challenges and demands of being a primary Principal. He has been the Principal of a number of schools from a one-teacher school through to a large metropolitan school in Queensland and an international school in Hong Kong. Steve works with leading educators to help them reach their potential. He brings passion, energy and enthusiasm to his professional development programs.



This year Steve was recognised by **Educator** magazine as *one of the top 50 most influential educators in Australia*. He is the author of four books including "*First Semester CAN MAKE OR BREAK YOU!*"

Steve completed a Masters in School Leadership on teacher stress. This led him to develop the **Happy School** program. Over 600 schools subscribe to receive Steve's weekly **Happy School** articles and use them to improve staff well-being and effectiveness. This innovative program has been extended to certify schools that are "*Employers of Choice*". This year he launched the highly successful WELL Productivity program.

Steve is passionate about work – life satisfaction and keeping things simple.

For further background on Steve [www.stevefrancis.net.au](http://www.stevefrancis.net.au)

## Outline of Sessions from Steve Francis

### *Session 1: Leading And Thriving in Times of Change*

Schools are in a constant state of change and this creates demands on leaders. It is vital that Principals are aware of the two key factors that determine whether a change will be successful in your school. To thrive in times of change it is essential that school leaders know and cater for the predictable stages of concern and avoid the 7 sins of change leadership. Which of the 7 sins are you guilty of?

### *Session 2: Improving YOUR Work-Life Balance*

Working in schools can be demanding. More is expected of us each and every year. This session unpacks the key strategies for improving the work-life balance of Principals in the important work you do. Achieving WORK-LIFE balance is challenging but avoiding burn out is essential!