

# Principal & Deputy Principal Mental Health Seminars

Please join us for 3 seminars, delivered to support you as a Principal or Deputy Principal.

## Building Resilience

Aug 25th | 4:15pm

[Click Here To Join](#)

You will be introduced to the key components of resilience including reality-based optimism, psychological flexibility, and knowing what truly matters to you.

## Conflict Resolution

Sep 7th | 4:15pm

[Click Here To Join](#)

Effectively managed conflict can have a really healthy, positive effect on you and your colleagues. This seminar will look at some of the proven methods.

## Promoting Communication

Sep 29th | 4:15pm

[Click Here To Join](#)

This digital seminar will help you understand how, through communication, we impact our relationships with our spouse, family, or coworkers.

For support on accessing the seminars contact  
[hello@spectrum.life](mailto:hello@spectrum.life)

Whatever is on your mind, contact the Spectrum.Life clinical team, free and confidentially: **Freephone: 1800 411057**