

# Mentoring, Resilience, and Wellbeing: Empower Yourself While Empowering Others

## Saturday 24 May 2025 Program

Building 17 Room 17.157

**8.45am – 9.00am** Arrival and registration

**9.00am – 9.15am** Welcome

**9.15am – 10.15am** **Keynote Speaker: Dr Lisa Bell** – The Power of Mentorship: Cultivating Growth and Collaboration in Teaching.

Morning Tea: 10.15am – 10.45am

### Workshop One

Building 16 Room 16.104/105

**10.45am – 12.00pm** **Associate Professor Paula Mildenhall & Dr Gemma Scarparolo** – Mentoring Pre-Service Teachers: Mentors sharing successes and strategies.

Lunch: 12.00pm – 12.45pm

### Workshop Two

Building 16 Room 16.104/105

**12.45pm – 2.30pm** **Professor Narelle Lemon** – The Mentor's Guide to Self-Care: Balancing Support for Others While Nurturing Yourself.

**2.30pm – 3.30pm** Close and networking over afternoon tea



### Keynote – The Power of Mentorship: Cultivating Growth and Collaboration in Teaching.

Dr Lisa Bell

Our keynote speaker, Lisa Bell will talk about the transformative power of mentorship in educational settings. Mentorship is a fundamental tool for fostering growth and development among teachers at all stages of their careers—new, beginning, and experienced. For pre-service teachers, mentorship provides essential guidance and support, helping them navigate the challenges of the classroom and build confidence in their teaching practice. Early career teachers benefit from mentorship by refining their skills, receiving constructive feedback, and developing effective teaching strategies. Experienced teachers, on the other hand, gain fresh perspectives and the opportunity to share their wealth of knowledge, thereby enhancing their own professional growth and contributing to a collaborative school culture. Drawing on 35 years of experience in education across primary, secondary and tertiary contexts, Lisa will share real-life examples and success stories, highlighting the mutual benefits of mentorship and how it leads to improved teaching practices, increased job satisfaction, and ultimately, better student outcomes.

### Mentoring Pre-Service Teachers: Mentors sharing successes and strategies.

Associate Professor Paula Mildenhall & Dr Gemma Scarparolo

This session is designed for teacher mentors to engage in collaborative activities that will enhance their ability to support preservice teachers effectively. Through case studies, participants will discuss challenges, explore solutions, and share effective mentoring strategies.



### The Mentor's Guide to Self-Care: Balancing Support for Others While Nurturing Yourself.

Professor Narelle Lemon

This interactive session explores the unique self-care challenges faced by teacher-mentors who balance supporting pre-service teachers while maintaining their own wellbeing. Through collaborative activities and evidence-based practices, participants will develop personalized strategies to nurture themselves while effectively guiding others. Professor Narelle Lemon is an internationally recognised researcher, coach and educator specialising in wellbeing literacy and self-care practices. As Lead of the Wellbeing and Education Research Community at Edith Cowan University, she brings together insights from education, arts, and positive psychology to transform how we approach personal and professional wellbeing. Through her work at Explore & Create Co, podcasting, and innovative projects like "Citizen Wellbeing Scientist," Narelle champions practical, evidence-based approaches to flourishing amid life's challenges. Her expertise has been recognised through various awards, including an AAUT National Teaching Citation, and she currently leads significant initiatives including the SHESpeaks project, amplifying diverse voices in women's wellbeing. In 2024, she published her first solo book, sharing her research and insights on self-care. Narelle practices what she teaches, maintaining her own wellbeing through mountain bike riding, photography, camping adventures, and daily rituals of self-compassion and intention-setting. You'll often find her exploring nature trails with a trusty flask of green tea in hand, embodying her belief that self-care is a daily practice rather than a destination.