



BETTER SCHOOLS

DEVELOPED BY



IN PARTNERSHIP WITH



STRENGTHENING STUDENT WELLBEING, ENGAGEMENT, AND RESILIENCE

Better Schools is a wellbeing programme grounded in science-backed positive psychology that equips students with practical tools to build resilience, strengthen connection, and support positive mental health through engaging, interactive sessions.

Available as a one-off 60-90 minute workshop or as a series of sessions.

Developed by BetterMan and The Wellbeing Works, Better Schools builds on years of experience delivering engaging, evidence-based wellbeing programmes for young people.

At the core of the Better Schools programme is the REF framework. Students are encouraged to become their own REF, using Relationships, Emotion shifters, and a Flexible mindset to build greater self-awareness and navigate challenges at school and in life. This practical model helps students better understand themselves and others, build stronger social connections, regulate emotions, and develop more adaptable ways of thinking.

Through fun, interactive, high-energy sessions that combine storytelling, games, movement, and real-world challenges, students are actively involved in their learning. These experiences are designed to be memorable, relatable, and immediately applicable in the classroom.

Better Schools can be delivered as a standalone workshop or extended into a series of sessions that go deeper over time. When delivered as a programme, follow-up workshops reinforce and embed key tools and strategies, helping students build lasting habits that support their confidence, resilience, and relationships.

The impact extends beyond the classroom, influencing whānau, school culture, and wider community connections as students begin to apply what they have learned in everyday life.

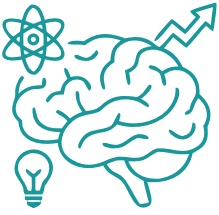
"We were so fortunate to have the team from BetterMan join us at Papanui High School. The session was a fantastic, engaging experience that our students genuinely enjoyed.

Ged and Todd shared a wealth of professional insight and personal experiences that made the workshop feel incredibly relatable for the group. The session offered a great balance of hands-on activities and real-life examples, which kept students fully involved and interacting the whole time.

We really enjoyed bringing this experience into our school and would be delighted to have the opportunity to work with the BetterMan team again in the future."

- Abbey Smale, Papanui High School

What to expect:



SCIENCE-BASED

Grounded in neuroscience and positive psychology, the strategies we teach are proven tools to cultivate a growth mindset, boost optimism, and increase emotional literacy.



HIGH ENERGY

Our workshops incorporate team sports-style games to reinforce key messages and forge strong connections.



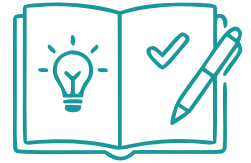
PRACTICAL & RELATABLE

The tools are easy to apply and can be used right away in daily life.



MOTIVATING STORIES

We teach through stories so students understand how these skills help them in real situations at school and in life.



PERSONAL PLAYBOOK

Participants create their own playbook during the workshop, capturing insights and action plans.

The REF Framework

Relationships: Building stronger connections with others through trust, communication, and empathy.

Emotion shifters: Practical tools to understand, manage, and shift emotional responses in challenging moments.

Flexible mindset: Developing adaptable thinking to help students respond positively to change and setbacks.



A ringing endorsement from Mairehau High School

"I am writing to express my sincere appreciation and provide a strong recommendation for BetterMan, who recently delivered a presentation to a group of our students at Mairehau High School.

The presentation was truly a highlight of the week for our ngā ākonga and created a positive 'buzz' amongst our school community. The session was fun, engaging, and highly relevant. In my 14+ years teaching, seeing many organisations deliver content to our kura, school, this was a standout and easily the best presentation I have been involved with. Ged and Todd demonstrated excellent communication skills and an ability to connect meaningfully with all of our ngā ākonga. Their energy, authenticity, and passion was clearly evident throughout. Our students left the presentation feeling both inspired and informed.

We would be delighted to have BetterMan back in the future and highly recommend them to other schools or organisations. It is my hope that Ged and Todd continue their kaupapa, giving back to the community and helping us strive to be better."

**Sean Lee,
Mairehau High School**

