

**Workshop Title:** 7 Dimensions of Children’s Emotional Well-being: Focused support for young people.

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## Biography

Dr Jean Annan brings a diverse set of experiences from her work as an educational psychologist, university lecturer, teacher, leader, researcher and facilitator of psychological practices in education. Most recently she has been working with teachers and educational leaders to integrate positive psychology practices into everyday school interactions and to build additional supports for young people in urgent need. Dr Jean Annan has an extensive background of research and practice and was awarded the Dame Marie Clay Award from the New Zealand Psychological Society for ‘research, teaching and exemplary practice’.

**Learning Objectives:** Participants will learn about the seven dimensions that constitute the emotional well-being framework, consider the framework’s application in educational settings and discuss its use in participants’ occupational fields.

**Learning Outcomes**: Practitioners will have access to an integrated framework to support educators optimise children’s emotional well-being.

**Abstract**

The *7 Dimensions* framework for understanding and supporting children’s emotional well-being is founded on neuroscience and the interactive theories of human development that have been supported by recent brain research, in particular, ecological, socio-cultural learning theories, positive psychology, and narrative theory. This neuroscience-informed framework, elaborated in Dr Annan’s book, ‘7 Dimensions of Emotional Well-being’ (2022), depicts a child’s emotional well-being as a variable, contextually-situated and subjective state, enveloped in meaning with sense of safety at its core. A set of interrelated experiences, of which social experience is an integral part, supports children’s healthy emotional development. The positively-oriented 7 Dimensions framework has been developed to help educational professionals take neuroscience and psychology knowledge to practice. It offers teaching professionals a guide for enhancing children’s emotional well-being in the routine interaction of the school and a map for specialist professionals to explore and articulate the emotional experiences of those children who require additional support. During the interactive workshop, participants are presented an overview of the 7D framework. Examples of the framework’s application in psychology and teaching are shown and participants have opportunities to discuss how the framework can inform the practice of professionals from various fields as they work in or alongside educational centres.