



5 June 2003

The staff, parents and student of St Joseph's College Gregory Terrace, were recently very privileged to have Dr Paula Barrett present a number of keynote speeches and two, day long seminars. In the keynote addresses Dr Barrett engaged the parents from the beginning and touched on many issues very pertinent in parenting adolescent boys. Her extensive academic knowledge combined with her research experiences were shared in a very practical way to the parents.

The practical examples she presented to parents on the night were very beneficial to parents, interesting and in some cases very inspiring. The parents, 480 in total, greatly appreciated what she had to say.

Staff Inservice

Dr Barrett also was a keynote speaker at the biennial St Joseph's staff conference, where she addressed the staff in the area of emotional resilience in adolescents. The keynote address was received very warmly by staff, and was followed up by many workshops throughout the day by Paula. Staff would say Paula is very insightful, well researched, and extremely entertaining. Emotional well-being in adolescents is not always easy to talk about but she did this with ease in a way that staff could relate to.

Friends Program

With the introduction of the Friends Program at the College in Year 5 and Year 8 this year, Paula was asked to speak to all Year 5 and Year 8 parents. This night was to inform parents on the Friends Program and to help them work in partnership with the teachers. Dr Barrett's parent information night, made parents feel supported informed and confident in the program outcomes. Paula has also worked in partnership with the school to ensure a smooth implementation in each of the year levels.

To ensure the program was conducted correctly, Paula did a day seminar with the teachers and support staff who were going to implement the program. The day seminar was very worthwhile and teachers felt very informed and engaged throughout the day.

I would strongly recommend Dr Paula Barrett and her colleagues to any educational institution as I think their depth of knowledge is second to none. Dr Barrett has been a wonderful resource for our school as we make a commitment to the mental well-being of our students. We hope to work in partnership with Paula and her practice Pathways in years to come.

Michael Connolly

(Mr) Michael Connolly
Dean of Students