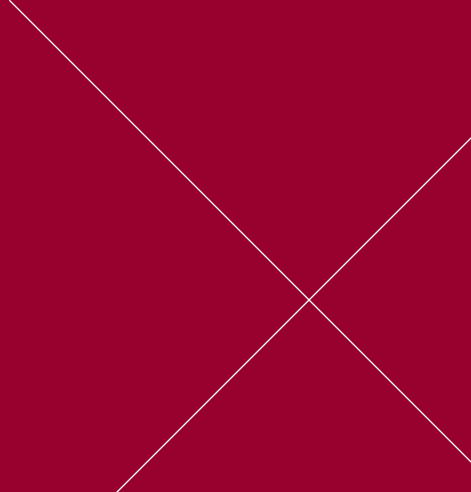


DISCOVER **PERFORMANCE PSYCHOLOGY** AT GENAZZANO


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Genazzano FCJ College's innovative Performance Psychology Centre employs world's best practice to promote wellness, resilience, positive living skills and optimal functioning.

Performance psychology education focuses on developing the thinking skills that assist people to achieve their potential in any area of life.



The Centre is staffed by registered psychologists with specialist training/ endorsement in areas such as educational and development psychology and clinical psychology.

Students may attend the Centre for supporting counselling, education and/or skill development. Professional assistance is available to help with personal issues and wellbeing, as well as strategies for performance enhancement in areas such as sports, exam technique, public speaking and music performance.

GenSTAR

GenSTAR is a whole school wellbeing program that enables students to develop resilience, think for peak performance, and develop skills for a safe, healthy and positive approach to life. The program is underpinned by the principles and research from performance psychology and positive education, and is carefully sequenced to ensure that it is appropriate for students' age and stage of development.

Students at all levels, from the Early Years through to Year 12, participate in the GenSTAR program fortnightly. Some examples of the skills taught are:

- relaxation
- managing emotions
- increasing motivation and confidence
- mental rehearsal
- optimistic thinking
- teamwork
- healthy eating
- cyber safety
- setting goals
- relating positively to peers
- positive body image
- leadership and service
- respect for self and others
- safe partying
- coping strategies to overcome challenges.

Through the implementation of innovative programs, the Performance Psychology Centre and the GenSTAR program actively support the Genazzano vision and mission, promoting development of the whole person and encouraging students to have a passion for life and a love of learning.



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