

Fiona Forman is an author, speaker, facilitator and trainer in the area of well-being and Positive Psychology. Having spent many years as a primary school teacher, she is absolutely passionate about placing well-being at the heart of school life, and she has seen first-hand the great benefits of empowering children, teachers and parents to understand, value and enhance their own mental health. Fiona holds an M. Sc. in Applied Positive Psychology, the science of well-being, from the University of East London.

Fiona is the co-author of *Weaving Well-Being*, an SPHE programme which is now in use in the majority of primary schools and which has also been launched in Australia. She is also the author of *Wired for Well-Being*, a new well-being programme for Second Level schools.

Fiona has designed and delivered numerous talks, training sessions and seminars to teachers and parents. She is a regular media contributor on the topics of well-being and Positive Psychology and loves sharing her practical experience, insights and expertise with others. Fiona is also the mother of two young adults, which has deepened her awareness of the necessity to equip children with the support and skills that they need to develop resilience and to thrive and flourish in life.