



Thursday  
Nov 14  
5pm  
AEDT



## More Than Just a Job: Crafting Meaningful Work

Presented by:

**Matt Curry, Educator/ Provisional Psychologist  
& Brienza Dries, Educator.**

Teacher wellbeing is essential for fostering positive educational environments and improving student outcomes. Educators face multiple demands, including teaching, managing student behaviour, and addressing parental concerns, leading to rising dissatisfaction and declining retention rates. As reported by the Black Dog Institute in 2022, over 70% of Australian teachers considered leaving the profession.

While recent industrial agreements in Victoria aim to reduce work hours, addressing workload alone will not resolve teacher stress. This workshop explores job crafting as a strategy to enhance teachers' satisfaction, self-efficacy, autonomy, and belonging. Grounded in Basic Psychological Needs theory and Cognitive Evaluation theory (Deci & Ryan, 2017), it examines how proactive adjustments to job tasks, relationships, and perceptions can help educators align their work with their strengths and values. By fulfilling psychological needs, job crafting can improve teacher wellbeing, reduce stress, and create a more supportive educational environment.

**Register**



## THE PRESENTERS



**Matt Curry**  
**(B. Phys Ed, MAPP, MPsyCh (in progress))**  
**Educator/ Provisional Psychologist**

Matt Curry is a dedicated educator with over 13 years of experience in primary and secondary schools. Passionate about fostering positive environments for students, families, and communities, Matt has held leadership roles in both wellbeing and senior administration. With a Master of Positive Psychology under his belt and currently completing his Master of Clinical Psychology, Matt brings a unique blend of educational expertise and psychological knowledge to his work. He is committed to supporting individuals and groups to thrive and overcome challenges. Recently transitioning from education to psychology, Matt is excited to apply his skills and experience to provide further psychological support to his community.



**Brienza Dries**  
**(BEd, MAPP (Hons))**  
**Educator**

Brienza Dries is an accomplished educator with over seven years of teaching experience. Recently, she completed her Masters of Applied Positive Psychology at Melbourne University, graduating with First Class Honours. Brienza is deeply passionate about fostering environments where both students and teachers can thrive. Her expertise extends to managing school-based initiatives, ensuring that educational frameworks support holistic development and well-being.

**Register**

