

 **PESA SA**

Happy Hour *Live!*

In Conversation with
Be Well Co



 wellbeing
explained

 Be
Well Co

Join us for an afternoon of conversation, connection and a well-earned drink with two of Australia's leading voices in workplace and school wellbeing.

Dr Joep van Agteren (CEO) and Dr Matthew Iasiello (Head of Data & Research Translation) lead the research and strategy behind Be Well Co. Known for their podcast bridging behavioural science with real-world wellbeing strategies, they are bringing that conversation to SA educators.

Join Joep and Matthew for an hour-long, interactive Q&A on wellbeing in schools, covering **how wellbeing is programmed and resourced, the role of family and community, whether teachers are being asked to carry too much, and what educators actually want from wellbeing providers**. Submit your questions in advance via the registration link, or ask live on the day. Q&A is followed by networking drinks and nibbles.



Wednesday 04 Nov 2026



The General Havelock
Hotel



2:00 - 4:00 PM



\$20 (includes light snacks)

[Register](#)



WHAT TO EXPECT

Topics covered:

- Programming wellbeing in schools.
- Community wellbeing and the role of families.
- Whether teachers are being asked to carry too much, and where the rest of the village has gone.
- What teachers actually want from wellbeing organisations and programs.

Ask anything: Please submit your questions for the conversation [here](#).

Cost inclusions:

- Entry and light bar snacks.
- Drinks are not included.

ABOUT THE HOSTS

**Dr Joep van Agteren**
CEO, Be Well Co

Joep is CEO of Be Well Co, a social enterprise that grew out of SAHMRI's Wellbeing and Resilience Centre, and an Affiliate Senior Lecturer at the University of Adelaide's School of Public Health. His PhD in psychology focused on helping people experiencing

languishing — a state of low mental wellbeing — and he continues to translate that research into practical, evidence-based tools. He was a co-author, with Dr Matthew Iasiello, of one of the largest studies of its kind published in Nature Human Behaviour, later recognised in SAHMRI's "Best of the Best" research series

Dr Matthew Iasiello**Head of Data & Research Translation, Be Well Co**

Matthew leads data and research translation at Be Well Co and holds a Post-Doctoral Research Fellowship at the University of Adelaide's School of Biomedicine. His PhD (Flinders University, 2023) examined the relationship between mental wellbeing and mental illness through the

dual-continua model. Since joining SAHMRI's Wellbeing and Resilience Centre in 2015, he has helped design and evaluate wellbeing programs for groups ranging from at-risk youth to older Australians, and currently leads the MyWELL study on wellbeing support for people living with multiple myeloma. He also hosts the podcast Researching Happy.

