

## Caroline Black

Caroline Black is an educator, speaker, and wellbeing strategist with more than 20 years' experience working in and alongside schools. She is the founder of Grow Daily™, a consultancy dedicated to embedding evidence-informed wellbeing practices across school culture, leadership, teaching, and community engagement.

With specialist training in Positive Psychology and Wellbeing Science, Caroline partners with schools across Aotearoa to co-design sustainable, whole-school approaches to wellbeing. Her work focuses on building emotional literacy, strengthening relational capability, and helping educators and families create the conditions for young people to learn well, live well, and thrive.

Known for translating research into practical, relationship-based strategies, Caroline supports teachers, leaders, parents, and communities to move from reactive approaches to intentional, preventative practice. Her work sits at the intersection of education, human development, and systems thinking, bringing both strategic clarity and deep care to the work of supporting young people.



**Founder & Director, Grow Daily**

**Topic:** Beyond Welcome – Building Belonging for International Students



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