



Educating for Wellness. Too Optimistic or Just Realistic?

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Now, at the end of the second decade of the 21st century, emotional learning, meditation, mindfulness and positive education are all the rage. In Iceland this journey began at the incentive of the Icelandic Directorate of Health ten years ago, when Flensburg College undertook the task of leading the Health enabling schools project in Iceland. Preparation began in the fall of 2009 and went official on October 1st, 2010.

The idea was to promote exercise, nourishment, mental health and a positive lifestyle. The journey since then has developed from one school being Health Enabling to a national movement of health enabling schools from kindergarden to Upper secondaries, health enabling councils and now workplaces.

Today Flensburg college still plays a leading role in this project and has moved up from the original idea, which complex as it seemed, is now a firmly based ideology in the school. Now we are funneling other ideas into the school, mindset training, mindfulness, how to change the world and why all of us matter. We run a choir, a sports academy, an arts academy and a civil action academy. We train our student union leaders in a leadership program and have developed programs for multicultural and inclusive education. Thus, we claim that we are a platform educating students to wellness, as an openly stated and actively pursued goal. The college recognizes that minding health supports educational capacities. Today Flensburg is a school with a strong support scheme, strong democratic values, for all, positive working methods and attitudes. It is also very focused on environmental issues and social sustainability.

In this workshop Mr. Thorkelsson will lead a debate to explain the revolution happening regarding these issues in Iceland. He will also offer leaders attending the ICP conference to approach the challenges we are facing.

During the debate he will deal with sustainable leadership, attraction and retention of school leaders, inclusive leadership developing leadership capacity and the challenges of leading in a technological wild west era.

He will be focusing on why a school leader must set up a school where students are trained to use growth mindset, mindfulness, seeking solutions, social awareness and global issues to prepare them to be creative and mindful on their journey. A journey full of blindspots and possibilities.