



Well-Being as the Future Focus of Schooling

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Description: Participants will learn about the terrible consequences of the current schooling paradigm that focuses solely on students' academic achievements. They will learn an alternative way of thinking about how schools can support the healthy development of both children and adults. The goal of the well-being wheel framework is for both children and adults to feel strong and competent in different areas of well-being in order to help make the world a better place for everyone. Participants will learn how to collaborate with their community to create a positive, proactive culture of well-being for children and staff.

Session rationale: This session is essential because schools need to move from being places where teachers and students are stressed to places where people are excited to engage in lifelong learning that helps them flourish as individuals and a community. The well-being wheel is a tool that makes the principal's job more efficient because it provides a framework to support the targeted development of the whole child and teacher, giving principals a way to organize the development of the school community.

Outcomes of the session: Participants will leave this workshop with: 1) an awareness of a new, holistic way of thinking about school change; 2) an awareness of their individual and organizational well-being; and 3) practices they can share with their communities to enhance individual and organizational well-being.

Format: The format and flow of the workshop are based on Kolb's Learning Cycle, because it is imperative to attend to the learning process of adults. Participants will engage in a concrete learning experience with the well-being wheel and its seven dimensions (social, emotional, cognitive, environmental, spiritual, physical and financial), then reflect on their experiences, abstractly conceptualize well-being in their unique school settings, and finally develop an action plan to implement upon returning to their schools.

Participants will receive a workbook they will use during this session that contains all of the resources they need to engage in the following work:

- Participants envision flourishing in schools
- Participants learn about the well-being wheel
- Participants reflect on the application of the well-being wheel to their own contexts
- Participants plan how to increase their own individual and organizational well-being