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**These workshops have the potential to improve universal wellness strategies for entire communities. When everyone begins to speak the same language and practice the same best daily habits, an entire community and family-life can be transformed, with amazing positive results.**



## **JOIN OUR WELLNESS TEAM**

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**Wellness for All Workshop  
Series: The Changing  
Landscape of Learning**



## About Us

The Wellness for All Learning System promotes a learning environment as a culture of wellness by introducing new daily habits, strategies and tools into a balanced day. With Wellness for All Workshops, 20 weeks of empowering, fun activities are provided with everything you need to implement them!

Our Wellness Workshops are loaded with strength building activities, tools, and techniques. Many ideas come from the teachings of positive psychology! Access this digital wellness toolkit and stop searching and guessing - this is ready-to-teach material that staff, students, and parents can access from a classroom or living room!



## Program Features

- Access from a computer, tablet, or smartphone
- Trackable student progress
- Measurable results with assessment
- Easy to follow instruction and navigation
- Online access for educators, staff, students, and parents available
- Weekly workshops provide 20-30 minute daily exercises

**"They may  
forget what  
you said, but  
they will not  
forget how  
you made  
them feel."**

**Carl Buechner**

## The Wellness for All New Basics

### Learning to Learn

The framework of our digital workshops is designed to promote ongoing understanding about how learning works, fostering curiosity, persistence, & adaptability.

### Communicating Effectively

Learning to communicate effectively fosters participants to critically analyze ideas, consider multiple perspectives, & understand how to convey ideas and messages.

### Thinking Creatively+Critically

Our digital training workshops have the capacity to demonstrate how to use strategies from a wide range of subjects to think of new ways to solve problems, & critically evaluate ideas and processes.

### Collaborating

Effective collaborators must solve conflict, take feedback, & develop constructive relationships.

### Developing a Sense of Self+Society

A strong sense of self supports participants in understanding and managing their emotions, developing positive relationships with others, and engaging with their community.