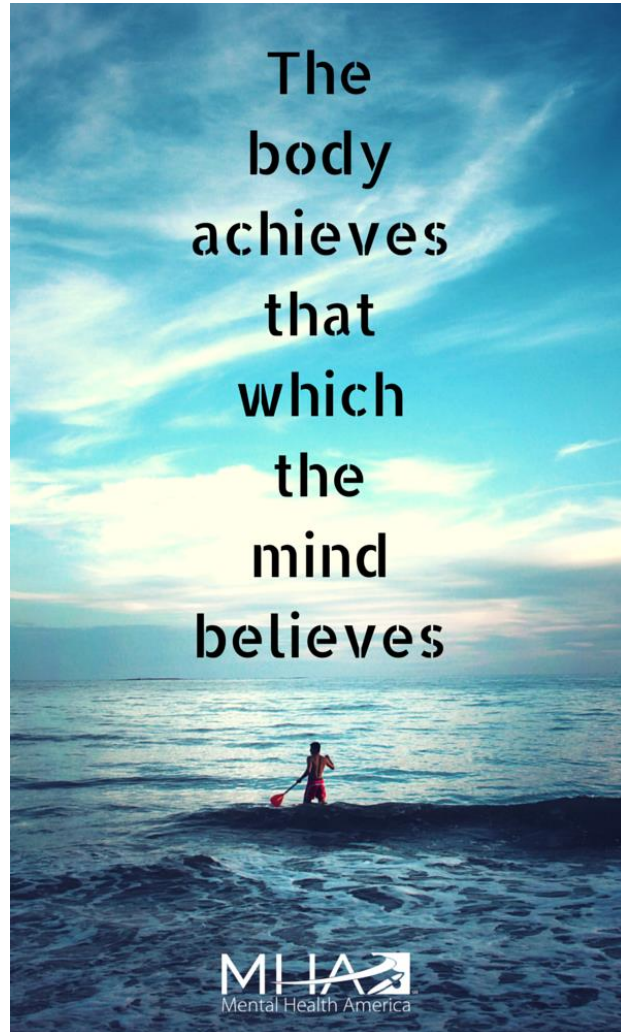


Shaping the Future

Owning Our Myth-takes

Presented by
Patricia Gough



Health is the
State of Your
Body

Wellness is
Your State of
Mind





Rugged Pathway

>>>

Smooth Sailing

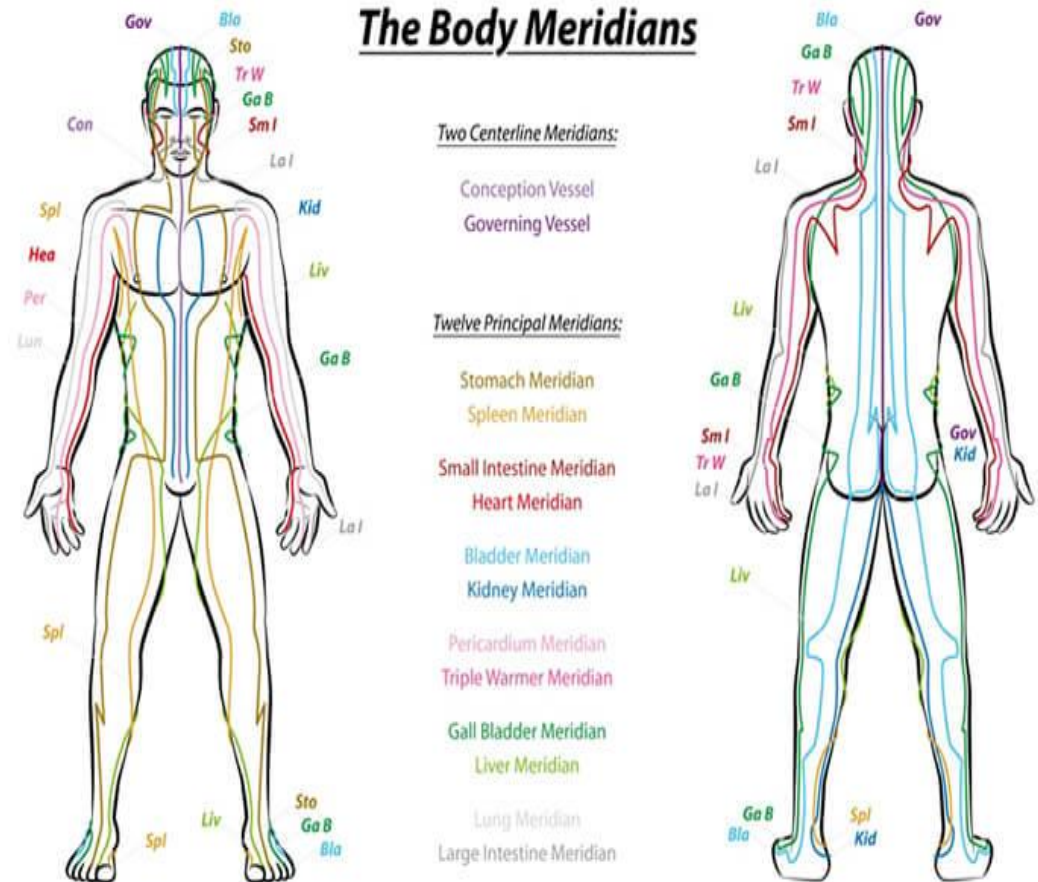


**Practice, Repeat, Practice,
Repeat!**

Energy

The energetic system of the body has been largely ignored. Even 2,000 years ago, Chinese medicine doctors knew that the body's vessels could store and produce electrical charges to provide electricity.

The Liver is the seat of your emotions. And when you have too much heat anchored in the liver, it's hard to have a positive outlook. The liver is notorious for having stagnant heat. This excess heat can travel through the meridians to your head. It's ironic that in the west, people with short tempers are called "hot-headed."



Can you remember
who you were,
before the world
told you who you
should be?

Charles Bukowski

Beliefs We Did NOT Study at Home or at School

Your beliefs
determine your
biology and your
behavior.

Beliefs are your
filters for reality.

You don't see the
world as it is. You
see the world as
you are.

Your set of filters
change everything.
Filters are
changeable.

You will be treated
differently, the
second you treat
yourself differently.



“The things that are hidden from awareness, he believed, exerted the greatest influence over our personalities and behaviors”.

Freud

You Have Two Minds



Your conscious mind thinks abstractly. (sensations, perceptions, memories, feeling, and fantasies)



Your subconscious mind thinks literally and makes your behavior fit a pattern consistent with your emotionalized thoughts, hopes, and desires. Things that are in the subconscious are only available to the conscious mind in disguised form.



You Have Two Brains

Corpus Callosum is a communication pathway that is the cross over relationship between the hemispheres of the brain. It can be either a bridge or a barrier.... depending on our viewpoint.



Left Brain: Logic; Language; Order; Reasoning



Right Brain: Emotions; Intuition; Creativity; Insight



Change Your
Narrative

Change Your
Life

RECREATE YOUR LIFE STORY

change the script & be the hero



Deep Learning

Learning that Engages the World, Changes the World

Michael Fullan

- Creativity
- Critical thinking
- Communication
- Character
- Citizenship
- Collaboration



“NEW PEDAGOGY IS THE MOST POWERFUL RELATIONSHIP BETWEEN A STUDENT AND TEACHER. THIS APPROACH REQUIRES MORE OF A PARTNERSHIP BETWEEN A TEACHER AND STUDENT; STUDENTS LEARNING FROM TEACHERS AND VICE-VERSA. THIS NEW PARTNERSHIP GIVES STUDENTS MUCH MORE CONTROL OVER THEIR OWN LEARNING, YET THEY ARE STILL GUIDED BY THE TEACHER.”

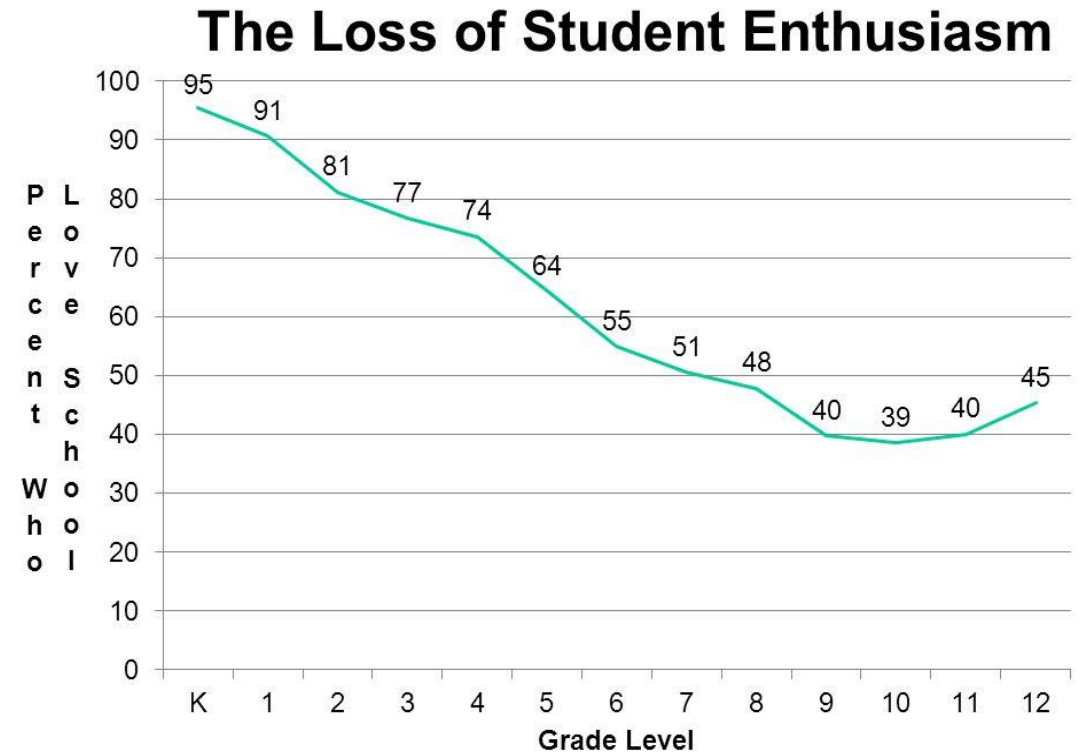


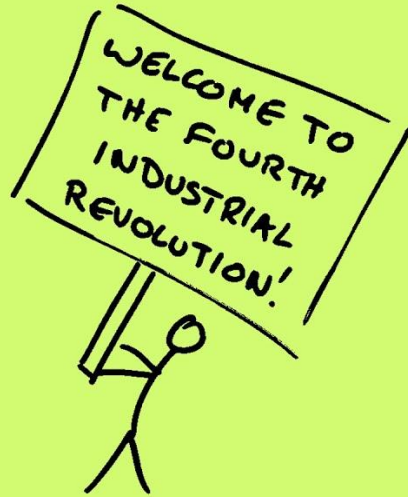
“WHEN INTEGRATED WITH A SMALL NUMBER OF DEEP LEARNING GOALS AND ACCELERATED BY TECHNOLOGY, THE OUTCOMES ARE EXTRAORDINARY.”



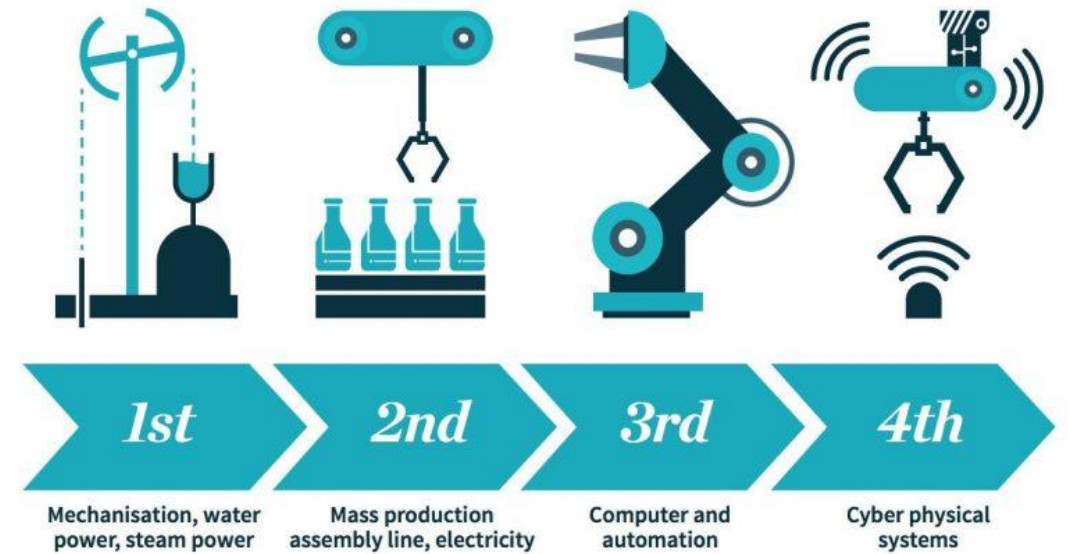
Dr. Lee Jenkins Curve

“The Opportunity for Shifting these Results Are in the Hands of the Conscious Leader.”





WHAT IS THE **FOURTH** INDUSTRIAL REVOLUTION?



AGRICULTURE INDUSTRIAL INFORMATION IoT, VR, AI



Why the Fourth Industrial Revolution Needs More Arts Graduates

World Economic Forum 2018

As the report highlights, the following four very human characteristics will be the most important in the cyber arena, and in the wider Fourth Industrial Revolution. Techies are not the only ones sought after. People who have:

Creativity
Problem Solving
Leadership and People Management
Critical Thinking

There are strong signs that employers are realizing the need for broader skill sets in the cyber workplace. For example, a recent study found that 33% of cybersecurity executives came to the field from non-technical careers.

A more diverse cyber workforce must be encouraged, particularly in relation to gender, and it must become easier for those with non-technical backgrounds to understand the significant⁺ impact they could have in this ever-expanding industry.



Staggering Stats

TDSB spent approximately \$4,543, on short and long term, absenteeism for each of its 17,000 teachers totaling about \$77.2 million in 2018.

In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

In Canada, only 1 out of 5 children who need mental health services receives them.

Suicide is one of the leading causes of death in both men and women from adolescence to middle age.

The total number of 12-19, year-olds in Canada at risk for developing depression is a staggering 3.6 million.

Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.

Canada is second only to Switzerland with the highest autism rates in the world: Switzerland 1 in 69; Canada has 1 in 94



People for Education: New Basics

Learning to Learn: Understanding how learning works fosters students' curiosity, persistence, and adaptability.

Thinking Creatively and Critically: Having the capacity to use ideas and strategies from a wide range of subjects and contexts helps students think of new ways to solve problems, and critically evaluate ideas and processes.

Collaborating: Effective collaborators are able to solve conflict, take feedback, and develop constructive relationships. With these skills students become collaborators who can take on different roles and make a positive impact in any team environment.

Communicating Effectively: Learning to communicate effectively fosters students who can critically analyze ideas, consider multiple perspectives, and understand how to convey ideas and messages. Persuasive and adaptive communicators can exchange ideas in multiple formats and over multiple platforms with people around the world and in their backyard to affect change.

Developing a Sense of Self and Society: A strong sense of self supports students in understanding and managing their emotions, developing positive relationships with others, and engaging with their community. It develops students' capacity to recognize and value different perspectives and their sense of agency to influence change in society.



Wellness for All Elementary/Secondary/ Parent Action Plan

Calling All Conscious Leaders

1. Every staff/family member needs to be involved in the training, so we can all learn & speak the wellness language.
2. Since Personal and Professional Development can be costly and time consuming, with little sustainable impact, digital workshops are sent to participants every two weeks.
3. All participants read, share, collaborate and learn from each other, leading from the middle. Focus is on digging deeper, while building healthy, habits school-wide and life-long.
4. Sustainable, daily life-long practices are repeated until seamless. Healing tools are integrated so participants are prepared for anything life throws their way.
5. Ongoing coaching, by a Wellness for All Coach, is always available and staff/family check-ins are required to ruminate and celebrate.
6. Ground swell support required for take-off! Email pat.gough@wellnessforall.ca and I'll send you our newsletter outlining how to "Join Our Campaign of Wellness for All!"



“She wasn't fearless, she was brave. You can't be brave if you don't feel fear. What makes you brave is that you feel the fear, and you do it anyway.

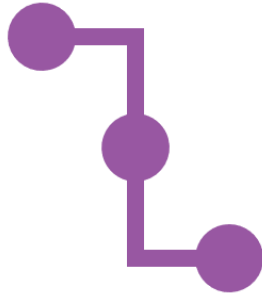
~ Amy Jones, We're All in This Together ~



THE NEXT GENERATION
OF CONSCIOUS
LEADERS
WILL CREATE
A NEW FUTURE

— *soulpowered.com* —





What action are you prepared to take, to support wellness in your school community/office/home?



Are you just interested or are you committed?