

NATIONAL FORUM ON WELLNESS IN POST-SECONDARY EDUCATION 2023: RECAP

WEDNESDAY FEBRUARY 1ST, 2023

Treaty 7 Territory | Lake Louise, AB

HOSTED BY UNIVERSITY OF CALGARY, WERKLUND SCHOOL OF EDUCATION & EVER ACTIVE SCHOOLS

Who was in the room?

26 registered delegates attended this year's National Forum on Wellness in Post-Secondary Education with a variety of stakeholders including the following:

- Faculty members and researchers
- Senior leadership from faculties of education
- Campus health promotion specialists
- Health promotion partners
- Health educators
- Graduate students and post-docs



Universities

- University of Calgary, Werklund School of Education
- Mount Royal University
- Ambrose University
- University of Lethbridge
- McGill University
- UBC, Okanagan School of Education
- University of Alberta



Partner Organizations

- Ever Active Schools
- Physical and Health Education Canada
- Grasslands School Division
- Alberta Ministry Advanced Education
- Alberta Ministry of Health

Purpose of the Day

The purpose of this year's gathering was to support the creation of a *National Agenda Towards Well-being in Post-Secondary Education*. Through a participatory workshop the group discussed three key action areas for the *National Agenda*:

1. Implementation: Activities to embed well-being in BEd programs utilizing the Comprehensive School Health framework.
2. Research: Activities intended to increase knowledge/evidence as it relates to Comprehensive School Health in BEd programs.
3. Advocacy: Activities intended to highlight the importance of well-being in BEd programs and increase faculty, university, provincial, and federal support for this work.

The group collectively worked through a process of identifying our ideal state for each of these action areas and some steps we could take to get there. These are now being translated into the *National Agenda*.

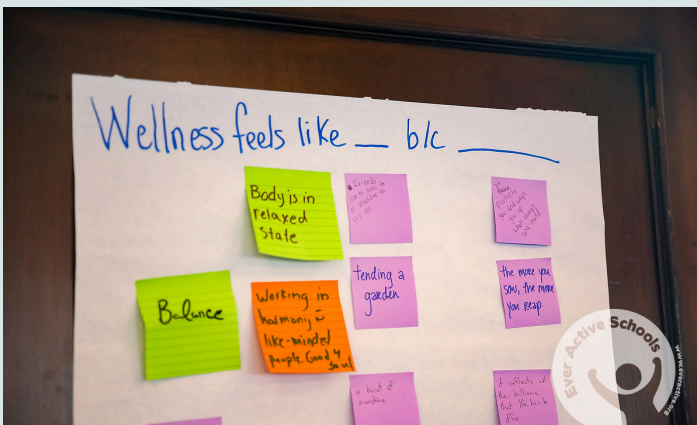
Setting the Stage

Wellness feels like... or is like....

We opened the forum inviting delegates to reflect on what wellness feels like or is like. A few metaphors that were shared by folks in the room included:

- Wellness feels like tending a garden the more you sow, because the more you reap.
- Wellness feels like a burst of sunshine, because it reflects all the brilliance that life has to offer.
- Wellness is like a parachute, because you really notice when it's missing (and you might be in trouble).
- Wellness is like finding out your clock has 25 hours, because each minute is almost fully utilized.

These metaphors carried us through the day as we worked towards envisioning our ideal future for well-being in post-secondary education.

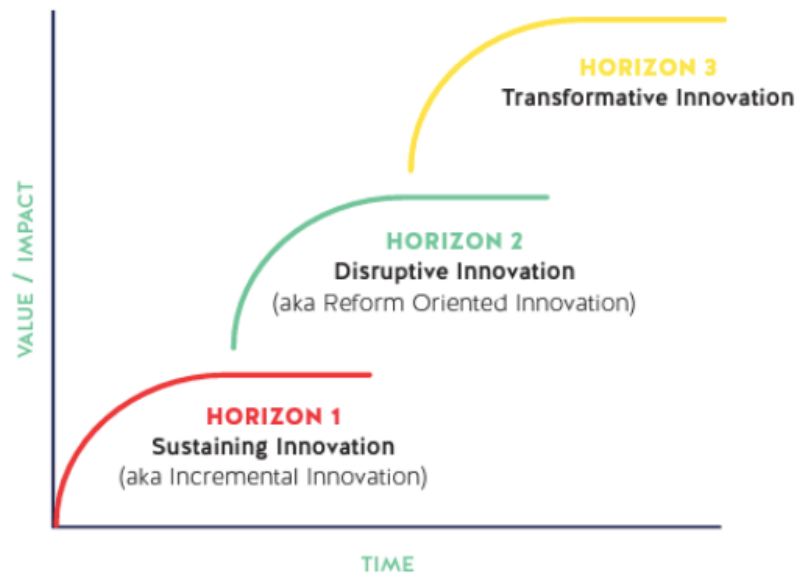


The Process of Building a National Agenda

Three Horizons Activity

Forum attendees were asked to reflect on the following question using the *Three Horizons Activity*: How might we advance well-being within BEd programs using a healthy settings framework of Comprehensive School Health (CSH)?

The *Three Horizons* that were reflected on during this activity can be found on the image to the right. Below is a snapshot of the third horizon (our blue sky thinking) for each of the three action areas. A complete summary of the three horizons for each action area is coming soon in the National Agenda!



Action Area 1: Implementation	Action Area 2: Research	Action Area 3: Advocacy
What if we rethought entrance requirements for BEd programs to ones that supported more diversity?	What if open collaboration between education and medical systems was the status quo?	What if we invited more elected interest-holders into these conversations?
What if every student/staff has the right supports at the right time?	What if we closed the gap between knowledge creation and knowledge use/application?	What if we had a round-table discussion with all Deans/well-being leaders on this topic?
What if well-being is a design priority for every program?	What if there was parity of funding between mental health, physical health, and Comprehensive School Health?	What if wellness advocacy was funded like health advocacy? (e.g., smoking campaigns)

Crafting a National Agenda

A National Agenda Towards Well-being in Post-Secondary Education is being crafted based on the key action areas identified in this *Three Horizons* activity. Stay tuned for updates on this in the coming months! If you'd like to be involved in this work in a deeper way please reach out to louise@everactive.org.

Our Next Steps as a National Network

Continuing our Work Together

This work really can't move forward without the support of a dedicated team of health champions. Just as we encourage you to work in a team locally to achieve your health and well-being goals we're looking for a team to support this national work in a coordinated way.

We will be reaching out over the coming weeks to those that have indicated they'd like to be involved at the National Forum - if you weren't on that list and are passionate about supporting, or leading, work in any of the three action areas (**implementation, research, advocacy**) please reach out to Louise McClelland (louise@everactive.org).



Thank You



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