

NATIONAL FORUM ON WELLNESS IN POST-SECONDARY EDUCATION 2025

Program at a Glance



THURSDAY JANUARY 30TH & FRIDAY JANUARY 31ST, 2025

Pipestone Room, Fairmont Chateau Lake Louise, Treaty 7 Territory

HOSTED BY TEACHERS OF TOMORROW WITH PARTICIPATION FROM EVER ACTIVE SCHOOLS,
WERKLUND SCHOOL OF EDUCATION, UNIVERSITY OF LETHBRIDGE AND MOUNT ROYAL UNIVERSITY

NATIONAL FORUM ON WELLNESS IN POST-SECONDARY EDUCATION 2025

PART 1

Thursday, January 30th, 2025 8:30am – 11:30am
Pipestone Room – Chateau Lake Louise

WELCOME/SETTING THE STAGE 8:30AM – 9:00AM

- Reviewing the National Agenda and revisiting our action areas: Research, Advocacy and Implementation

ACTION AREA 1: RESEARCH 9:00AM – 10:00AM

- Connecting to the first annual Research Roundtable – what is the current landscape for research on wellness in post-secondary education?
- Group dialogue facilitation
- Light snack + coffee served

BREAK 10:00AM – 10:15AM

ACTION AREA 2: ADVOCACY 10:15AM – 11:15AM

- Focusing in on our collective actions of ‘collaborate more’ and ‘common messaging’ (key focuses of the 2024 National Forum)
- Group dialogue facilitation

CLOSING/WRAP UP 11:15AM – 11:30AM

LUNCH 11:30AM – 12:30PM

SHAPING THE FUTURE CONFERENCE OPENING 12:30PM

- Shaping the Future conference registration required!

PART 2

Friday, January 31st, 2025 9:15am – 10:45am
Pipestone Room – Chateau Lake Louise

BREAKFAST 8:15AM – 9:15AM

WELCOME/OPENING 9:15AM – 9:30AM

- Connecting to Part 1; welcoming Shaping the Future delegates

ACTION AREA 3: IMPLEMENTATION 9:30AM – 10:15AM

- Exploring mentorship and career transitions across educational tiers

CLOSING + NEXT STEPS 10:15AM – 10:45AM

- Moving forward as a National Network, actioning the National Agenda on Well-being in Teacher Education Programs