



## Wellbeing Workshops: recordings now available and accessible

### Going the distance: how the last 12 months have impacted wellbeing in Dubai's private school sector



Dr Abdulla Al Karam, Director General KHDA

In this pre-recorded video, Dr Abdulla Al Karam shares his insights of what we have learned in the past 12 months.

 [Video Recording](#)

### Wellbeing: Student voice and reflections



Samvrutha KrishnaKumar and Romeq Giezen - Horizon International School  
Deep Bhatia - Raffles World Academy

Educators are invited to come along to this session to hear what students have to say about wellbeing. Student presenters will also showcase their perceptions and reflections about wellbeing and happiness through the art of photography.

 [Video Recording](#)

### Recovery in a Time of Uncertainty: Filling the Reservoir Within



Dr. Maria Sirois

<http://mariasirois.com/about>

In a time of continued uncertainty and upheaval our capacity to endure with health and wellbeing rests on our dedication to build in moments of recovery. Integrating research from the fields of positive psychology and resilience, Dr. Maria Sirois, offers us a conversation on what sustaining self-care looks like, how it prevents fatigue and burnout and how, through micro-practices, we might shape our days to become more satisfying, enlivening and healthful. We'll consider the three foundational self-care questions, explore the most necessary elements to daily recovery and examine how your recovery patterns can create a positive outward spiral for others.

**Important:** Please listen to Dr Sirois' introductory video found in the pre-recorded section in the previous page prior to attending her live session.

 [Video Recording](#)



## Working on the Way We See: Finding contentment in our ever-changing world



**Navin Amarasuriya, The Cultivator and Chief International Officer,  
The Contentment Foundation Singapore**

<https://contentment.org/team/Navin>

What is contentment? And how is it related to wellbeing? In this workshop, Navin Amarasuriya from The Contentment Foundation will look at the relationship between wellbeing and material gain and examine how contemplative practice is linked to wellbeing. It will also include group discussions and open Q&As.

 [Video Recording](#)

## Challenge is not Teaching Wellbeing and Resilience; it is Practicing, While Teaching it



**Dr Tayyab Rashid**

<https://tayyabrashid.com/about/>

For more than a year, the COVID-19 pandemic has caused widespread and unprecedented disruptions. The way we teach and learn has changed dramatically. This change has brought a myriad of challenges and opportunities. Cushioned by mindfulness practice at the beginning and end, participants will have the opportunity to share challenges they face in practicing resilience and wellbeing while teaching about it. Opportunities to cultivate resilience and wellbeing will also be discussed.

 [Video Recording](#)

## How Appreciative Inquiry Can Help Us Create Positive Change In Schools



**Michelle Etheve, The Change Lab**

<https://www.michellemcquaid.com/the-change-lab/our-team/>

Appreciative Inquiry (AI) continues to grow in popularity as a quick, effective, affordable means of building whole school approaches to positive change and wellbeing. But what exactly is Appreciative Inquiry and what does it take to host your own Appreciative Inquiry Summit? In this session you'll discover the value of an AI summit for your school and the six steps needed to bring one to life.

 [Video Recording](#)



### Wellbeing and relationships

What does your school wellbeing data mean and how to use the evidence to create action



**Erika Elkady, Head of Secondary**  
Jumeria Bacalaureate School

 [Video Recording](#)

### Wellbeing and School Belonging

What does your school wellbeing data mean and how to use the evidence to create action



**Katerina Mankani, Director of Wellbeing**  
Sunmarke School

 [Video Recording](#)

### Social Emotional Wellbeing

What does your school wellbeing data mean and how to use the evidence to create action



**Juliana Abdel Samad, Quality Assurance and Parent Relation Executive**  
Al Itihad School

 [Video Recording](#)

### The impact of COVID on student wellbeing: An international perspective

Student wellbeing data will be presented from Dubai and Australia on the impact of COVID on student wellbeing.



**David Engelhardt and Anna Lewkowicz**  
Department of Education, Government of South Australia

 [Video Recording](#)

### Staff Wellbeing and the importance of self-care



**Casimir Germain, Class Teacher and Wellbeing Champion**  
Horizon English School

 [Video Recording](#)