

WELLBEING IN EDUCATION

July 15-18, 2024

Topics to be discussed include, but are not limited to:

Social Emotional Wellbeing

- Examine Identity
- Explore Emotions
- Cultivate Compassion
- Establish Balance and Boundaries
- Stress & Resilience
- Sleep Patterns
- Body Image
- Assertiveness and Communication
- Mindfulness and Meditation
- Biofeedback
- Building Relationships
- Bullying

Intellectual Wellbeing

- Fostering Curiosity
- Development of Study Skills
- Challenges to yourself
- Critical Thinking
- Memory Comprehension
- Problem Solving

Physical & Personal Wellbeing

- Healthy Eating in Schools
- Developmental Screening
- School Health Services
- Physical Education in Schools
- Improving Motor Skills
- Physical Activity
- Diet
- Social Ties
- Resiliency
- Positive Emotions
- Autonomy

Environmental & Occupational Wellbeing

- Balancing Homework
- Finding Time for Leisure
- Creating Schedules
- Healthy Mindset
- Improving Critical Thinking
- Safe Environments
- Interaction with Nature
- Conserving Energy
- Recycling
- Pollution



Full Oxford Experience

- **Meetings:** Refreshments & Full English Breakfast (Tuesday-Thursday)
- **Lunches:** Monday to Wednesday
- **Evening Events:** Drink Receptions and Formal Dinners in Hall (Monday and Wednesday)
- **Accommodation:** Lodging in College (Monday-Wednesday nights)
- **Activity:** Guided Walking Tour of Oxford

Total Cost = \$2195

Meeting Only Package

- **Access:** Monday to Wednesday Meetings
- **Refreshments:** Tea, Coffee, and Biscuit Breaks

Total Cost: \$800



Guest Package

- **Meals:** Breakfast (Tue-Thu), Lunches (Mon-Wed)
- **Evening Events:** Receptions and Dinners (Mon, Wed)
- **Accommodation:** Lodging in College (Mon-Wed nights, checkout Thu)
- **Activity:** Guided Walking Tour of Oxford

Total Cost: \$1,195

RSVP

Due: May 30, 2024

Abstract's

Due: May 30, 2024

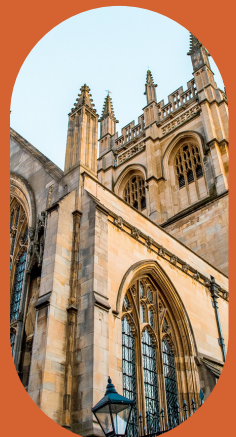
Payment

Due: June 15, 2024

Remaining Balance:
June 30, 2024

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