

Ontario Healthy Schools Coalition Conference

Towards Well-being for All

April 4-5, 2017-

Spiritual Well-being

Dr. Stephen Tooshkenig



The Ontario Healthy Schools Coalition held their annual conference in April 2017. Delegates that attended participated in a world café relating to the domains of wellbeing. An expert in the field addressed each domain. Dr. Stephen Tooshkenig was the expert facilitating the spiritual wellbeing domain. Participants were provided a series of questions and had a brainstorming discussion about the questions. The delegates that attended the spiritual well being session were asked to respond to three questions, which are listed below.

1. What would a school or program look like/ act if they had a sense of spirit/ self?
2. Why are the physical, cognitive, emotional and social so important for the self/spirit? To understand the spirit, you must first understand your own sense of self/spirit. On a separate piece of paper, please create a circle-within that circle, create four sections.
3. By understanding the four directions, you begin to see more of the spirit, you begin to see inside yourself, you also begin to create programs that encourage a sense of spirit.

However, delegates who participated only responded to the first question. Respondents said that a school or program who had a sense of self and spirit would incorporate active listening, self-care and reflection, inclusion, respect and mindfulness.