



TESL Saskatchewan SKTEAL

Navigating the Way

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Well-Being in the Age of Volatility, Uncertainty, Complexity, Ambiguity

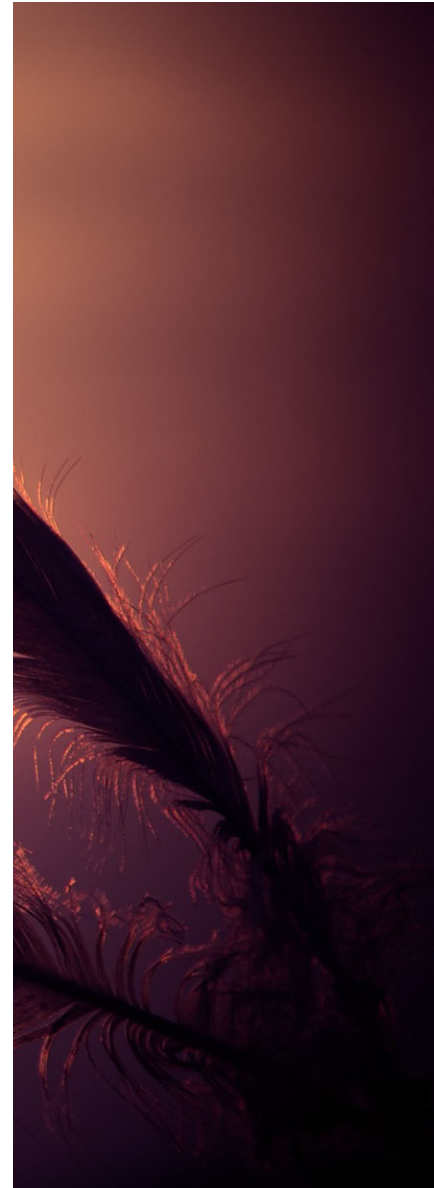


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Land Acknowledgement



Volatility
Uncertainty
Complexity
Ambiguity





Well-Being

Volatile, Uncertain, Complex, Ambiguous (VUCA)



What is well-being?



Scientific approaches



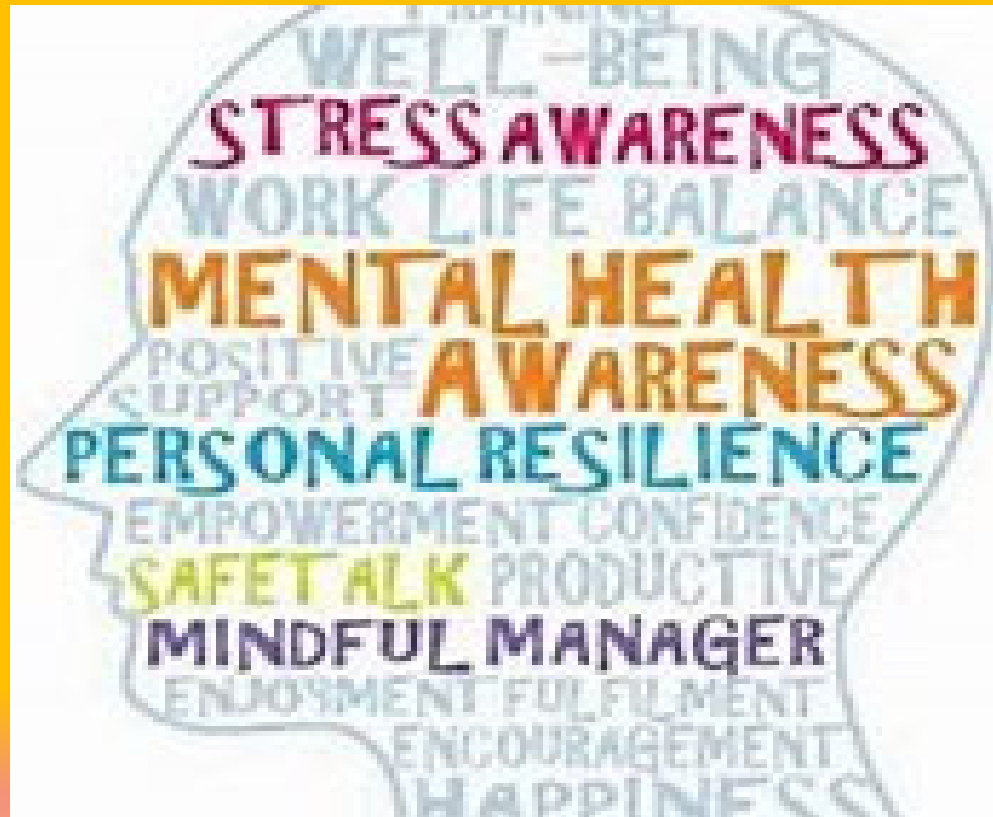
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Seligman: Positive Psychology

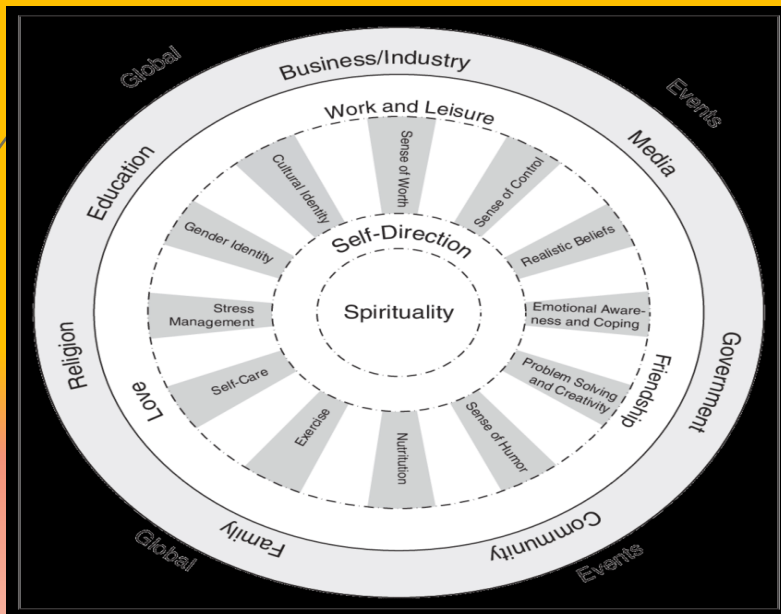


PERMA Theory



The Wheel of Wellness: A Theoretical Model

Myers, J. E., Sweeney, T. J., & Witmer, J. M. (2000). The Wheel of Wellness counseling for wellness: A holistic model for treatment planning. *Journal of Counseling and Development*, 78(3), 251-266.



My Professional Life

- A pleasant professional life?
- A good professional life?
- A meaningful professional life?



What is Mindfulness?

A **flexible state of mind** involving the creation of new categories, an **openness to new information**, and an **awareness** of more than one perspective (*Langer, 1989; 1997; 2000*)

Awareness that emerges through **paying attention on purpose**, in the present moment, and non-judgmentally to the unfolding of experience moment by moment. (*Kabat-Zinn, 2013*)

Something that strengthens one's capacity to pay attention, non-judgmentally, to one's thoughts, feelings, and body sensations, thus **enabling a more skillful response to life's challenges**" (*Soloway, Poulin and Mackenzie, 2011*)

A natural human capacity, which involves **observing, participating and accepting each of life's moments from a state of equilibrium or loving kindness**. (*Albrecht, Albrecht, & Cohen, 2012*)



Mindfulness as Disposition

Developing an open and calm receptivity along with a realistic attitude about long-held opinions, assumptions, and biases towards the self and others, can create supportive, calming, and non-reactive environments where capacities of unlearning and re-learning are fostered in novel ways and **where well-being can flourish.**

Contemplative Pedagogy

Within traditions of contemplative pedagogy there is a shared transformational impact of intentional focused awareness





Mindfulness and Wellbeing

Mindfulness practices have been associated with positive outcomes relating to attention, emotional resilience and to well-being

(Emerson et al., 2017; Lomas et al., 2017)

Personal training in mindfulness skills can increase teachers' sense of well-being

(Meiklejohn et al., 2012)

Personal Mindful Practice

- * informal**

- * formal**





Relational Mindfulness

Supports self-awareness of the present experience and the capacity to connect and become attuned to internal and external stimuli

Builds relational competence among professionals when it is practiced implicitly as part of one's professional way of being (Fulton, 2005)

Nurtures positive and healthy relationships and well-being in education (Kitchen, 2019)

Stress Management and Resiliency Techniques in Education (smartEducation)



How do you manage stress ?

What do you do to support your own well-being?

Informal Practices?

Formal Practices?





Impact of Wellbeing

“slowing down mind and body and allowing yourself to appreciate the small things”

“I feel more aware and reminded me to take a pause and be more non-reactive”

“I noticed myself more often and was able to refocus”



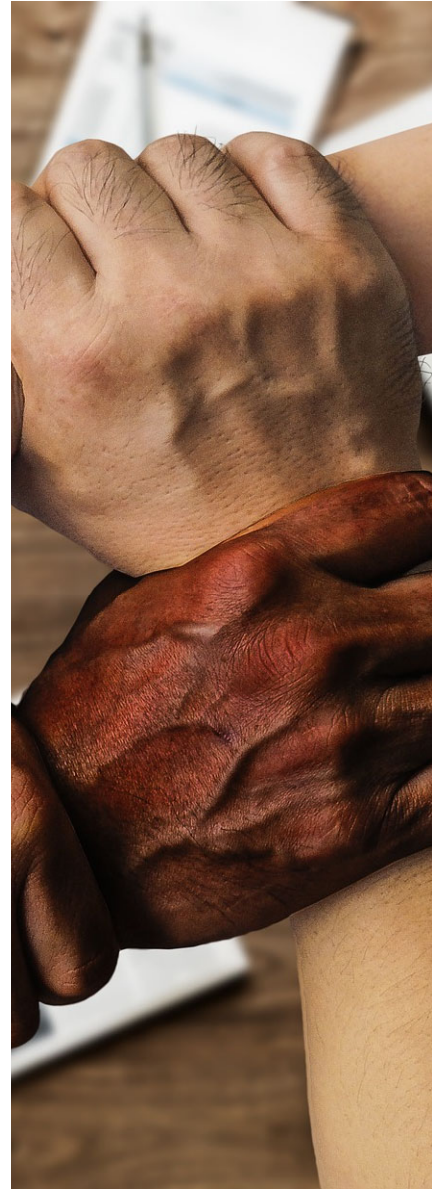
Communities of Practice

“To make well-being most achievable, it must be in a supportive group environment”

Equity, Diversity and Inclusion

Within communities of practice, the dialogical processes of mindful speaking and listening coupled with reflective and relational practices **may provide strategies to negotiate and explore complex issues relating to equity, diversity and inclusion in contemporary education.**

(Berilla, 2014; 206; Burack, 2014; Magee, 2019).





Professional Development

Positioning mindfulness as a disposition in core programs through professional development could support long-term sustainable well-being practices. (Roeser et al., 2012).



Integrating secular mindfulness practices as a component of well-being could nurture a disposition towards long-term and far-reaching well-being supporting the creation of a just and civil society.



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