

## **Ensuring the well being of a school community through thoughtful leadership**

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The world around us consists of perceptions, judgments, perspectives and projections. Physical health, mental health and emotional health are all important to an individual's well-being. In a world where efficiency and immediate gratification are sought after

and celebrated, it is a challenge to slow down, be mindful and ensure a healthy lifestyle. The key to success in life is to find the balance between work and play, stress and relaxation, anxiety and happiness. Since life moves quickly, these are moving targets and it requires on going assessment and adjustments, in order to maintain that balance. This session will explore how to bring all aspects of health to the forefront, how to remove the stigma associated with mental health and how to mobilize a school community (students,

staff and parents) towards overall well-being. Individuals, who are happy, thrive and pursue their dreams. Those who are unhappy do not reach their potential until they discover the positive thoughts that free their mind to focus on the future. For a long time, I believed that hard work, determination, perseverance, self-esteem and actively pursuing passions were important factors to success. I still believe that, however, I have come to realize the importance of well-being and that without it; the other aspects have little importance.