

# HUMAN FLOURISHING LEADERSHIP ACADEMY



SAINT LOUIS UNIVERSITY  
CONSORTIUM FOR HUMAN FLOURISHING

Human Flourishing Leadership Academy (HFLA) is a year-long program that focuses on individuals' and leaders' personal and professional wellbeing/flourishing. Its purpose is to provide participants with the knowledge, skills, tools, support, and social network to enable them to "live well" personally, "do well" professionally, and lead their circle of influence to flourish as a community.

## HFLA Key Components

- **Mental and Physical Health and Wellbeing**
- **Happiness and Life Satisfaction**
- **Character, Emotional Development, and Virtue**
- **Personal & Professional Meaning and Purpose**
- **Flourishing Network of support & Social relationships**

Absence of mental illness and stress does not indicate one is doing well and flourishing( Keyes, 2016). To be well personally, and to do well professionally requires one to have good mental and physical health, have a sense of meaning and purpose in life, develop character and virtue, have good relationships, and be happy and satisfied with one's life (VanderWeele, 2017).

**ANYTHING LESS THAN FLOURISHING IS PROBLEMATIC**

**- (KEYES, 2016)**

## HFLA participants will:

1. Receive monthly sessions for:
  - a. acquiring knowledge, skills, and tools to promote flourishing and wellbeing;
  - b. leadership development, enhancing flourishing/wellbeing social network; and
  - c. workshops with national and international wellbeing experts.
2. Receive 1:1 Mentoring for Flourishing.
3. Develop Individualized Flourishing Plan.
4. Be a part of a region, state, national, and global Community for Flourishing.
5. Learn from and interact with national and global experts on Human Flourishing.
6. Develop an Organizational Flourishing Plan for school/organization/district.
7. Join daily (Monday thru Friday) 5-minute mindful breathing sessions.

## APPLICATION:

<https://forms.gle/YmB2U4x77NKsHNT57>



## FOR QUERIES CONTACT:

Dr. Amrita Chaturvedi  
[amrita.chaturvedi@slu.edu](mailto:amrita.chaturvedi@slu.edu)