

HUMAN FLOURISHING LEADERSHIP ACADEMY



SAINT LOUIS UNIVERSITY
CONSORTIUM FOR HUMAN FLOURISHING

Human Flourishing Leadership Academy (HFLA) is a school year long program that focuses on educators 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**
- **Social Relationships and Building Community**

HFLA 23-24 Year Cohort 1 is now open for:

- Teachers , Counselors , Social Workers & Support Staff
- Assistant Principals , Principals , School Leaders
- Coordinators, Directors, Assistant Superintendents
- Superintendents, Headmasters, State Supervisors
- Education Non-Profit Leaders , Community Leaders

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 social 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.
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.

HFLA Facilitators, Presenters, and Leaders:

1. **Amrita Chaturvedi, PhD**, Saint Louis University Consortium for Human Flourishing Chair
2. **Gwen Diggs, EdD**, Urban League Vice President of Head Start/Early Head Start
3. **Terry Harris, EdD**, the Legacy Center Executive Director and Yoga Master
4. **Matthew Lee, PhD**, Director of the Flourishing Network at the Human Flourishing Program, Harvard University, Professor of the Social Sciences and Humanities, Baylor University
5. **Art McCoy, PhD**, Mental Health America Advisor, Johns Hopkins ALACRITY Center for Long-term Diseases Advisor, SLU Distinguished Fellow & Superintendent-in-Residence

APPLICATION:

<https://forms.gle/YmB2U4x77NKsHNT57>



FOR QUERIES CONTACT:

Dr. Amrita Chaturvedi
amrita.chaturvedi@slu.edu