

Moore Well-Being

An effective, evidence-based process that cultivates well-being throughout an entire school community



Schools focus on performance. For students, teachers, and administrators, that primarily means "making the grade".

Yet all performance — even academic — is impacted by our total WELL-BEING. This includes social, emotional, physical well-being and beyond. When one aspect of well-being is neglected, it affects the whole person and their whole performance.

The Moore Well-Being Process helps bring focus and balance on the dimensions of well-being that improve overall performance at the individual and organizational levels.

WHAT CAN YOU EXPECT WITH THE MOORE WELL-BEING PROCESS?

The Well-Being Process moves through three stages of development that, depending on the school's needs, may focus on the individual adults, students or entire organization.



NEEDS ASSESSMENT

Dr. Jenn Moore facilitates conversations to uncover the school community's strengths and the areas for growth. During this stage, Dr. Jenn provides materials to communicate the Well-Being Process to the larger community so all feel included and optimistic about achieving the individual and organizational goals.



APPRECIATIVE INQUIRY

The second phase brings everyone together to explore the dimensions of the Well-Being Wheel: Cognitive, Social, Environmental, Emotional, Physical, Spiritual, and Financial.

During this stage, all participants reflect and determine the dimension(s) for their individual and organizational goals – and then design plans for achieving those goals.



EXPERIMENTATION & IMPLEMENTATION

During this phase, participants put their well-being strategies into action. Dr. Jenn provides support to help the school community succeed, communicating with participants via text or email, monitoring their progress, giving professional support & providing encouragement for their efforts.



As the school community's well-being evolves or as needs change, Dr. Jenn can provide additional coaching, workshops and support to continue successful growth.

LOOK WHAT SCHOOLS LIKE YOURS ARE DOING WITH THEIR WELL-BEING!

These are just a few examples of the types of well-being activities your school may implement through your Moore Well-Being Process.

Social: Collectively adopt the "10 & 5 Rule" — smile at anyone within 10 feet and say 'hi' to anyone within 5 feet.

Emotional: Contract with Dr. Jenn to provide staff, parents and/or students with Healthy Communication workshops.

Physical: Have walking meetings once a week. Park in the farthest space from the door to encourage walking.

Environmental: Hold classes/staff meetings outside. Older students take an online gardening class and teach what they've learned to younger students.

Financial: Students enroll in a free online money management course and teach what they've learned to other classes.

Spiritual: Each class commits to 5-10 minutes of quiet meditation time every day, with all devices and electronics turned off.

Cognitive: Students and staff learn about design thinking and plan ways to incorporate it into some of their classes.

At the end of the school year, a final meeting is held to reflect on the success of the well-being initiatives. The school community determines, based on the data collected throughout the year, the next steps that will continue the school's well-being development.





- ◀ Curriculum for students ▶
- ◀ Professional development for staff ▶
- ◀ School climate support ▶
- ◀ School policy ideas ▶
- ◀ Measurement tools ▶

Moore  Well-Being

*Ready for Moore Well-Being?
Call me today for a 30-minute consult.
262.885.7690*