

Connecting the Dots - What Really Matters with Health, Well- being and Wellness with Dr Craig Daly

COURSE

In an era where the health, wellness, and well-being industry has become a multi-trillion-dollar global enterprise, discerning what truly matters can be challenging. Dr Craig Daly's course, "Connecting the Dots – What Really Matters with Health, Well-being, and Wellness," offers an evidence-based exploration into the current landscape of wellness initiatives, aiming to deconstruct common misconceptions and highlight effective approaches.



About This Course

This insightful session focuses on:

Current Wellness Landscape:

Examining the rapid growth of the global wellness economy, which reached \$6.3 trillion in 2023, and is projected to continue expanding.

Critical Analysis of Trends:

Deconstructing prevalent misconceptions and evaluating the efficacy of popular wellness trends.

Multifocal Approach:

Advocating for a comprehensive strategy to identify and implement wellness practices that are truly beneficial.

Participants will gain a nuanced understanding of the wellness industry's evolution and learn to critically assess various health initiatives.

About the Presenter:

Dr Craig Daly is an educational consultant based in Shenzhen, China, and the lead creator of 'The JAG BAG' student well-being program, launched in May 2021 and now utilised in over 30 countries. With over 30 years of experience as an educator, school administrator, and university academic, Dr. Daly is a passionate advocate for enhancing student and staff well-being. He emphasises the importance of inclusive health initiatives that resonate with all stakeholders.





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Why This Course Will Benefit You:

Engaging in this course offers several advantages:

- **Informed Decision-Making:** Develop the ability to critically evaluate wellness trends and make informed choices about health initiatives.
- **Holistic Understanding:** Gain insights into the multifaceted nature of well-being and the importance of a comprehensive approach.
- **Practical Application:** Learn to implement evidence-based wellness strategies in educational, professional, and personal settings.

By participating, you'll acquire valuable tools to navigate the complex wellness landscape, enabling you to focus on practices that genuinely enhance health and well-being.

