

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

# COURSE

**Cut through the noise of the wellness industry and discover what truly makes a difference for the health and well-being of students, staff, and school communities.**



## About This Course

With the wellness industry booming into the trillions, it's easy to get lost in trends, fads, and buzzwords. In this evidence-based and thought-provoking session, Dr Craig Daly helps educators reconnect with what really matters when it comes to health, well-being, and wellness in schools.

This course critically examines global wellness movements and explores how educators can design sustainable, inclusive, and research-driven well-being programs that genuinely improve lives.



## Learning Objectives

By the end of this course, educators will be able to:

**Analyse Wellness Trends:** Evaluate current health and well-being initiatives using an evidence-based lens.

**Identify Core Priorities:** Distinguish between surface-level trends and meaningful, lasting wellness practices.

**Design Holistic Programs:** Develop integrated approaches that address physical, mental, and social well-being for students and staff.

**Apply Critical Thinking:** Reflect on personal and institutional wellness choices to ensure alignment with values, inclusivity, and sustainability.



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## Why This Matters for Educators

In a world saturated with “quick-fix” wellness ideas, schools play a vital role in modelling authentic, sustainable health practices. This course empowers educators to:

- **Make Informed Decisions** – Choose wellness programs that actually work and are supported by research.
- **Maximise Impact** – Focus time and energy on initiatives that make measurable differences in student and staff well-being.
- **Enhance Whole-School Culture** – Build a balanced approach to health that supports emotional, physical, and social thriving.
- **Lead with Evidence and Empathy** – Confidently navigate new trends while staying grounded in what truly benefits people.

## About the Presenter

Dr Craig Daly is an experienced educator, university academic, and well-being consultant based in Shenzhen, China. As the creator of *The JAG BAG* student well-being program (now used in over 30 countries), Dr Daly brings over 30 years of educational experience and a passion for helping schools develop impactful, inclusive health programs. His expertise bridges theory and practice, ensuring every strategy is research-informed, practical, and people-centred.

## Perfect For

School leaders, teachers, and well-being coordinators who want to:

- Critically evaluate wellness trends and programs.
- Develop a deeper, evidence-based understanding of well-being.
- Build a whole-school approach to health that lasts beyond fads and hype.

