



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.

