

## **Promoting Hauora: Whole school wellbeing change – what does it look like in practice?**

**Dr Lucy Hone**

Lucy will review the science and practice of whole-school wellbeing. Based on her experience working with schools and researching the Educators' Guide to Whole-school Wellbeing, this session will make the case for taking a whole-school approach, share best-practice insights regarding implementation and review some of the different ways schools are currently promoting hauora. "Schools often come to us committed to promoting wellbeing, but they don't yet know where to start.

This session is a getting started intro - blending the best of science with real-world practice," describes Dr Hone.