

Wholistic Wellness- an Individual Journey of Improving Physical, Mental, Emotional and Spiritual Health.

Facilitator(s):	Sandra Brenneis, Andrea Morrison, Tracy Winter
Date(s):	<i>This is a multi-day event.</i> <ul style="list-style-type: none"> • Day 1: Nov 29, 2022 (3:30 pm to 4:30 pm) • Day 2: Jan 17, 2023 (3:30 pm to 4:30 pm) • Day 3: Mar 07, 2023 (3:30 pm to 4:30 pm) • Day 4: Apr 18, 2023 (3:30 pm to 4:30 pm)
Cost:	No charge
Location:	Virtual
Session Code:	23-MH-236

Target Audience

Teachers, School-based Administrators, Support staff, Instructional Coaches, Learning Coaches, District Leaders

About this Learning Opportunity

The world is emerging from a period of challenge and complexity which has impacted individuals, families, teams and systems. Although challenging, this has provided opportunities for self-reflection: a chance where many people are simultaneously gaining insight into personal values, priorities and the core beliefs which shape how we live.

Using the acknowledge, reconnect, and empowerment model participants will come to an understanding of how all 4 aspects of self lead to personal wellness and happiness. This model is based in research and brings together philosophies, practices, approaches from many disciplines, including psychology, health, alternative health, and education. The core principles are integrated practices from trauma research, resilience models, positive psychology, and spirituality.

Session 1: Physical Health – November 29, 2022

Session 2: Mental Health – January 17, 2023

Session 3: Emotional Health – March 7, 2023

Session 4: Spiritual Health – April 18, 2023

About the Facilitator(s)

Sandra Brenneis

M.Ed, R.Psych, Reiki Practitioner

Sandra has spent the majority of her adult life exploring ways to heal hearts, minds and bodies through connection with spirit. As a teacher, psychologist and system leader, she has spent over 30 years working in the education system with the hope of empowering people to live from a place of love. Just Imagine Happiness Wholistic Wellness Services is a dream come true for Sandra and she is thrilled to co-create with Andrea and Tracy a new intuitive approach to wellness and happiness.

Andrea Morrison

M.Ed, Reiki Master

Andrea believes in a wholistic approach to life. As a teacher, educational leader and behavioural consultant, she brings her experience of working with and leading a transdisciplinary team to provide an integrated approach of support. But the greatest impact of Andrea's work comes with her ability to trust her intuition and be present with people as they journey. Andrea brings to Just Imagine Happiness an unwavering commitment to living a life that is aligned with spirit, and in doing so she inspires and empowers others to do the same.

Tracy Winter

B.Ed, Reiki Practitioner

Tracy began her career as a teacher, but even while working in education, she was compelled by her own spiritual experiences to learn more about energy work and intuition. She began further exploration of alternative health practices when her children encountered health issues which

western medicine wasn't able to completely resolve. This lead her to a deeper understanding of how the body, mind and spirit work together to create health. She brings a great breadth of knowledge and clarity of purpose to Just Imagine Happiness, and an ability to put into practical terms what it means to live a joyful life.

[Just Imagine Happiness Website](#)

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