



GROWING RELATIONAL WELL-BEING

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RESEARCH FOCUS

One of the problems we face today is a lack of meaningful, authentic relationships with our coworkers which can significantly influence our own wellbeing. This is further exacerbated when workplace employee connection occurs primarily online or virtually. Building relationality and social capital within these virtual environments may require a transformation in organizational wellness education and human sustainability programs.

RESEARCH DESIGN

Program Design Proposal Map



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BIOGRAPHY SELECTION

Organizational wellness has the potential to move our system from distress to thriving.. I believe there are five core elements to workplace wellness sustainability:

- Holistic wellness is valued.
- Top-down modeling of sustainable – self.
- Culture and diversity is infused throughout.
- Open expression and job crafting is expected.
- Technology is utilized to promote holistic health. (6, A1)



THEORETICAL FRAMEWORK

JOANNA MACY AND HER WORK

ICH LEBE MEIN LEBEN IN WACHSENDEN

I live my life in widening circles that reach out across the world. I may not complete this last one but I give myself to it. I circle around God, around the primordial tower. I've been circling for thousands of years and I still don't know: am I a falcon, a storm, or a great song?

The boundary between ourselves and other people and between ourselves and Nature, is illusion. Oneness is reality.

Charlene Spretnak

...along with the other animals, the stones, the trees, and the clouds, we ourselves are characters within a huge story that is visibly unfolding all around us, participants within the vast imagination, or Dreaming, of the world.

—David Abram

POSITIONALITY

My research positionality is at the intersection of social capital, workplace culture, transformative learning, and the broader implications of fostering well-being for sustainability. (2/A2)

REFERENCE COURSE

1. EDSU 911 Global Environmental Change, Kele Anyanwu
2. EDSU 908, Historical and Philosophical Foundations of Education for Sustainability, Erin Redman
3. EDSU 913 Ecological Foundations for a Sustainable Society, Joy O'Neil
4. EDSU 904 Transformative Learning and Sustainability, Joy O'Neil
5. EDSU 903 Reorienting Curriculum and Programs for a Sustainable Future, Joy O'Neil
6. EDSU 900, Introduction to Doctoral Studies and Sustainability Literacy