



THRIVING SCHOOLS



**ENSURES STUDENTS FEEL VALUED AND EMPOWERED,
ALLOWING EDUCATORS TO TAILOR SUPPORT TO EACH STUDENT'S JOURNEY.**

The Flourishing Life Model of strengths-based practice helps educators foster both academic success and positive mental health by focusing on students' unique lived experiences, perceived strengths and mindset orientation. By listening to these narratives, educators can identify students' needs as well as the strengths they can leverage for success. This approach ensures students feel valued and empowered, allowing educators to tailor support to each student's journey.

Rather than focusing on deficits, the model highlights "what is right" with each student, emphasizing strengths as the foundation for growth. Educators can activate these strengths by understanding the challenges and assets that shape students' learning. The model shifts from remediation to resilience, helping students build confidence, and self-determination.

Through tools like the Flourishing Life Questionnaire (FLQ), educators gain insights into students' strengths and support systems, enabling a personalized, strengths-based approach. Importantly, the model also supports teachers, assessing their well-being to help them thrive personally, and professionally. When educators flourish, they can better guide students toward success.

By seeing students at potential and integrating strengths-based practices, the Flourishing Life Model creates a relational, strengths-focused and inclusive learning environment where both students and educators have the opportunity to nurture their capacity to thrive and experience personal well-being and success.

WE THRIVE WHEN THREE PILLARS WORK TOGETHER

PILLAR 2

PERSONAL ENVIRONMENT

Environmental Strengths Such As
Home, Peer, Community, and
Learning Support

PILLAR 3

PERSONAL GROWTH

Performance Strengths Such As
Internal and External Soft Skills,
Along With Interpersonal Skills

PILLAR 1

PERSONAL ROOTS

Personal Strengths Such As
Self-Awareness, Social Awareness,
Self-Management, and Self-Care

THRIVING EDUCATOR = THRIVING STUDENTS





THRIVING EDUCATION

BUILDING RESILIENT AND COMPETENT STUDENTS THAT THRIVE



Helping educators to hear, understand, and respond to the potential of every student as the starting point for nurturing the capacity to flourish and experience positive well-being.

THE CHANGING ROLE OF SCHOOLS AND EDUCATORS

There has been an increased recognition of the important role schools play in fostering academic success, resilience, character strengths, life skills, and enhanced well-being. Most importantly, students themselves demonstrate higher capacity for personal success, readiness for university, and future employment when educators and educational systems are intentional about designing learning conditions that embrace a strengths-based paradigm.

A FLOURISHING & STRENGTHS-BASED SCHOOL CULTURE CREATES AN ENVIRONMENT WHERE STUDENTS FEEL EMPOWERED & TEACHERS ARE VALUED.



PROVIDES CONNECTION

Engaging students based upon unconditional acceptance, respect and belief in their innate potential for greatness.



CREATES PURPOSE

Enhances student self-determination, motivation and readiness for college, career and positive citizenship.



SUPPORTS DECISIONS

Provides a baseline and ability to align the appropriate supports and resources required for each student's success.



PROMOTES FLOURISHING

Supports students to thrive, experience well-being and become the best version of themselves.

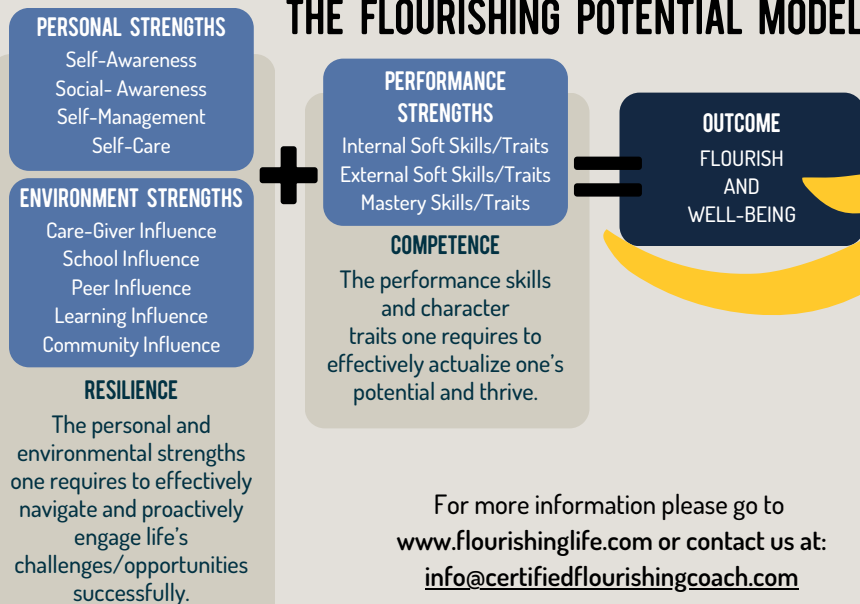
WHAT IF YOU HAD THE INSIGHT TO MAKE INFORMED DECISIONS AT A GLANCE?

Research shows that strengths-based educational practice increases the desired student outcomes and staff retention/satisfaction, decreasing costs to schools and school districts alike.

With an impact evaluation platform and data-to-action model, Flourishing Life empowers schools at the leadership level with an overall culture diagnostic and the ability to pinpoint where program success is occurring and how existing and/or new resources may need to be re-allocated to enhance desired impact.

At the individual student level, the data site functions as a developmental prompt, generating a strengths-based report for each student, summarizing areas of natural strengths, and suggested areas to continue developing. The applied practice framework provides guidance to maintain a strengths-based paradigm and a road map to further integrate into existing programs, curricula, and interventions.

THE FLOURISHING POTENTIAL MODEL



For more information please go to www.flourishinglife.com or contact us at: info@certifiedflourishingcoach.com

HOW IT WORKS!

Using inputs from the Flourishing Life Questionnaire (FLQ) our proprietary algorithm produces an individualized profile for each student. This provides insight to the capacity of a student's ability to draw upon their personal innate strengths, environment relational supports, and performance soft skills. Understanding the student's perception and capacity to thrive prepares educators to determine the best strategy to engage each student in meaningful and empowering ways.

FLOURISHING LIFE QUESTIONNAIRE



TIME

Average
30 to 35
minutes



MEASURES

1. Resiliency Capacity
2. Personal and Environmental Strengths
3. Flourishing Mindsets
4. Flourishing Potential
5. Ten Core Competency Factors
6. Seven Well-Being Factors
7. Student Feedback Report



REAL-TIME RESULTS



GETTING STARTED IS EASY!

Flourishing Life has created an applied practice model and validated, ground-breaking tool that measures the unique strengths and potential limitations of students through a web-based platform based upon the Flourishing and Well-Being Model.

FLOURISHING LIFE SUITE OF SERVICES:

1. Flourishing Life Questionnaire
2. Individualized Sparks Report
3. Online Assessment Platform with:
 - Secured User Access (GDPR Compliant)
 - Organization Dashboard (available with 2 security levels)
 - 7 Distinctive Aggregated trend charts (Views)
 - Filtering by Socio-Demographic Identifiers (Age, Grade, etc.)
 - Individual Scoring Results Profile
4. Complete School "Action Plan" with:
 - Supporting Documents For:
 - School Administrators
 - School Counselors
 - Teachers
5. Online Coaching and Training Programs

HOW STUDENT-TEACHER RELATIONSHIPS IMPROVED

A middle school decided it was time to prioritize the well-being of their students instead of only focusing on their academics. After a few months, they performed a second questionnaire and saw a great deal of improvement. When they reviewed the data they found that 97% of their students felt that they had a connection with an adult in school and more importantly, 88% of the students reported that the teachers spoke more about their strengths than weaknesses.

RESILIENT STUDENTS ACHIEVE SIGNIFICANTLY GREATER ACADEMIC SUCCESS.

The numbers* speak for themselves - strengths-based school cultures are the future.

FLOURISHING STUDENTS:

Increased Academic Performance



78%



ENGLISH

68%



78%



MATHS

66%



76%



SCIENCE

63%

Increased Positive Mental Health

SELF-ESTEEM

39% → 69%

LONELINESS

26% → 11%

OPTIMISM/HOPE

27% → 68%

NEGATIVE MOOD/AFFECT

32% → 13%

Less Behaviour Problems



SIGNIFICANT DECREASE IN
VANDALISM
SIGNIFICANT DECREASE IN
AGGRESSION/VIOLENCE

Greater Connectedness



SIGNIFICANT INCREASE IN
STUDENT ENGAGEMENT

"The web-based data site was easy to access and the questionnaire results were easy to understand. What made the difference for us is that we can now focus on facts with the right information to make decisions. The success we experienced changed our school culture and desired outcomes."

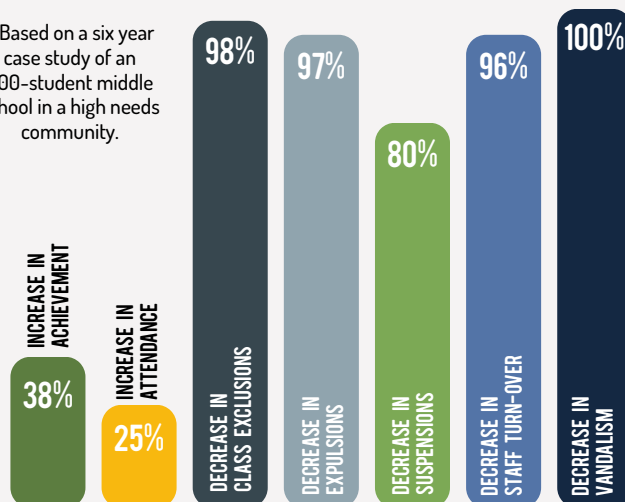
RENEE COULOMBE
SECONDARY PRINCIPAL

"Based upon the strengths-based model and tools developed by Dr. Wayne Hammond at Flourishing Life, we were able to clarify each student's strengths and vulnerabilities and provide them with unique support they desperately needed."

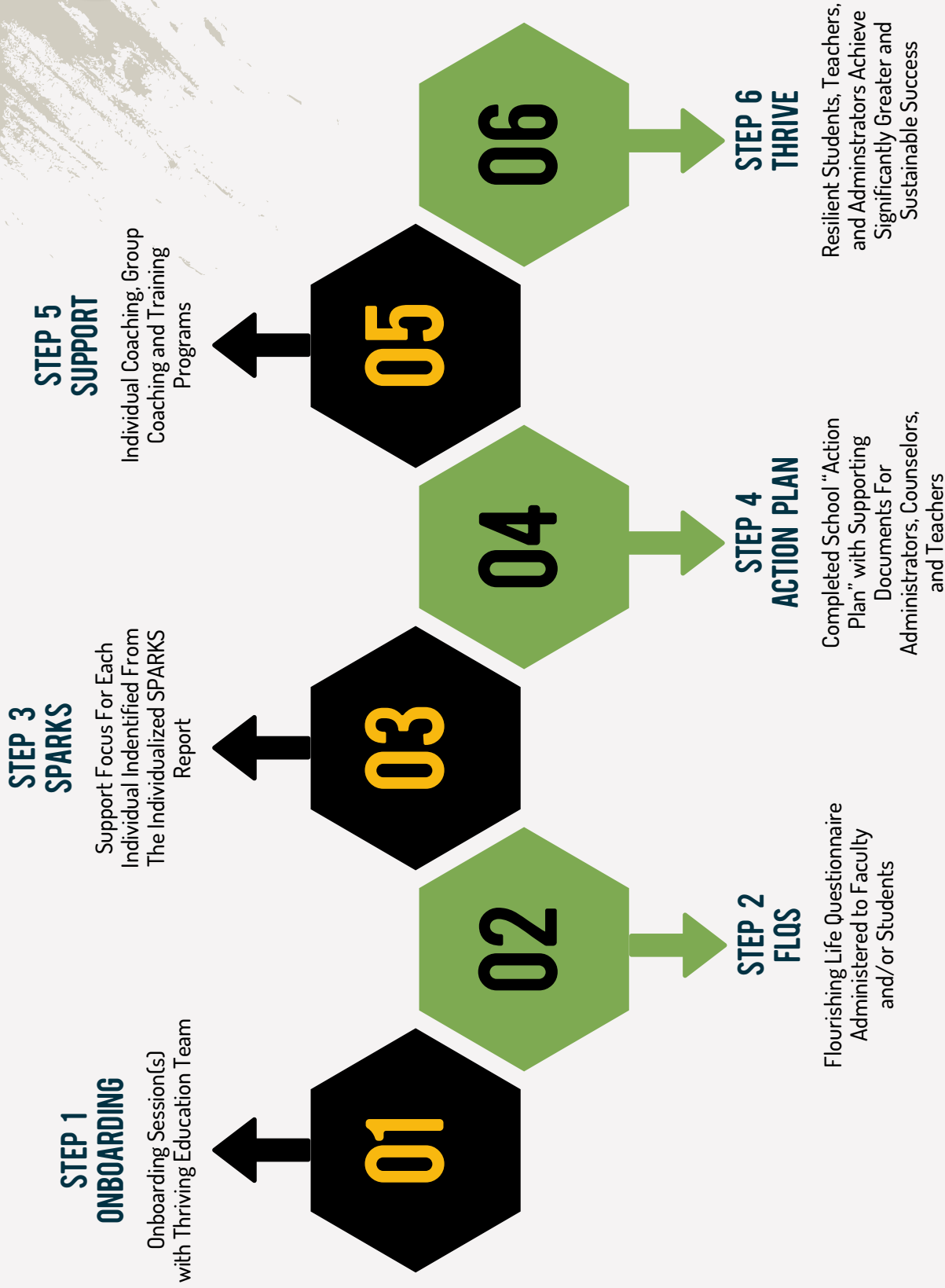
DON BARBER
HIGH SCHOOL PRINCIPAL

For more information please go to
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* Based on a six year case study of an 800-student middle school in a high needs community.



HOW IT WORKS



25%

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THRIVING SCHOOLS

BECAUSE THRIVING EDUCATORS MEAN THRIVING STUDENTS

WHAT'S NEXT?

STEP 1: BOOK A DISCOVERY SESSION

STEP 2: Receive a Blueprint for Thriving Education based on what we learn in the discovery session

STEP 3: Implement the blueprint with the support of our team

PROFILE: DR. GWENDOLYN W. DIGGS, ED.D

CEO OF DR. GWENDOLYN W. DIGGS, LLC - FOCUS ON FLOURISHING

Dr. Gwendolyn W. Diggs, Ed.D, is a distinguished award-winning educator, Certified Flourishing Coach, and captivating transformational speaker, bringing over 30 years of expertise in public education. Her remarkable career encompasses effective management of large-scale instructional projects and professional development programs, consistently elevating academic performance and achieving outstanding outcomes.

In her current role as the Vice-President of the Urban League's Head Start/Early Head Start program, Dr. Diggs passionately provides children and families with invaluable school readiness opportunities and services. Prior to joining the Urban League of Metropolitan St. Louis, Dr. Diggs served as the Assistant Superintendent of Jennings School District, Facilitator for the National Institute of School Leaders, Assistant Superintendent of Academic Operations and Elementary Education, and Director of Federal Programs, and Elementary Principal in the Ferguson-Florissant School District. Her proven ability in multiple education settings to drive individual and group change, ensure operational excellence, and foster organizational success is reflected in her leadership across federal programs, curriculum/instruction, early childhood, elementary, secondary, gifted, and community education initiatives.

WANT MORE INFO SEND US AN EMAIL:

INFO@CERTIFIEDFLOURISHINGCOACH.COM OR DRGWENDOLYNDIGGS@OUTLOOK.COM



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PROFILE: DR. WAYNE HAMMOND

SENIOR ADVISOR, WELLNESS INNOVATE CORP, FLOURISHING WORKPLACE

Dr. Hammond is a founding partner and CSO with Flourishing Life Technologies in Calgary, Alberta and holds an adjunct status with Ambrose University and the School of Medicine at the University of Calgary. Wayne is a Senior Advisor to the Certified Flourishing Coaching Program™.

Over the past 30 years, Wayne has primarily worked with complex youth and their families and is considered a leading expert on the concept of resilience and positive psychology and its application to positive youth and adult development as well as enhancing strengths capacity building and well-being in the context of academic, organizational and community culture. He has served in clinical supervisory capacities, worked in a comprehensive residential treatment centre and has provided clinical services in an inpatient/outpatient forensic setting as well as an adolescent comorbidity program based in a hospital setting.

As part of his professional practice, Wayne has published several scientific articles and developed an innovative framework for evaluating resilience and human flourishing. He has also been an active lecturer with regard to understanding the role of human flourishing and well-being and the implications for nurturing positive coping and mental health through a strength-based approach to preparing people and organizations to thrive. His speciality is neuroscience and the evidence around resiliency.

Dr. Hammond is a Senior Advisor to Certified Flourishing Coaching™ and to the Global Coaching Certification Association. As the Founding Partner and CSO of Flourishing Life, Dr. Hammond is partnering in our efforts to create strengths-based practice and coaching models for various certifications that draw upon the Flourishing Life model of applied practice and the use of the Flourishing Life Questionnaire (FLQ). Dr. Wayne is excited to facilitate the Certified Flourishing Coaching™ Program in Calgary, Alberta.



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