



ALTAMIRA
INTERNATIONAL SCHOOL

COMMUNITY WELL- BEING JOURNEY

HANDBOOK

2023 - 2024

AIS





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What is Integral/ Holistic Well-Being?

At Altamira International School, we believe in nurturing the well-being of our entire community, embracing a holistic concept called "Integral Well-Being." It means that we're not just concerned about your physical health but your mind, emotions, spirituality, intellect, and social connections too. It's about finding meaning and purpose in life, feeling engaged in what you do, and creating a life where you thrive in every dimension.

Integral well-being is a state that depends on the context and the situation, which includes basic aspects for a good life: freedom and choice, health and bodily well-being, good social relations, security, and peace of mind. It's about having the freedom to choose how you live, maintaining physical and mental health, fostering positive social relationships, feeling secure, and experiencing peace of mind. It's the foundation for a life where you not only exist but truly thrive in every sense.

Proposal for AIS Community Holistic Well-Being Journey

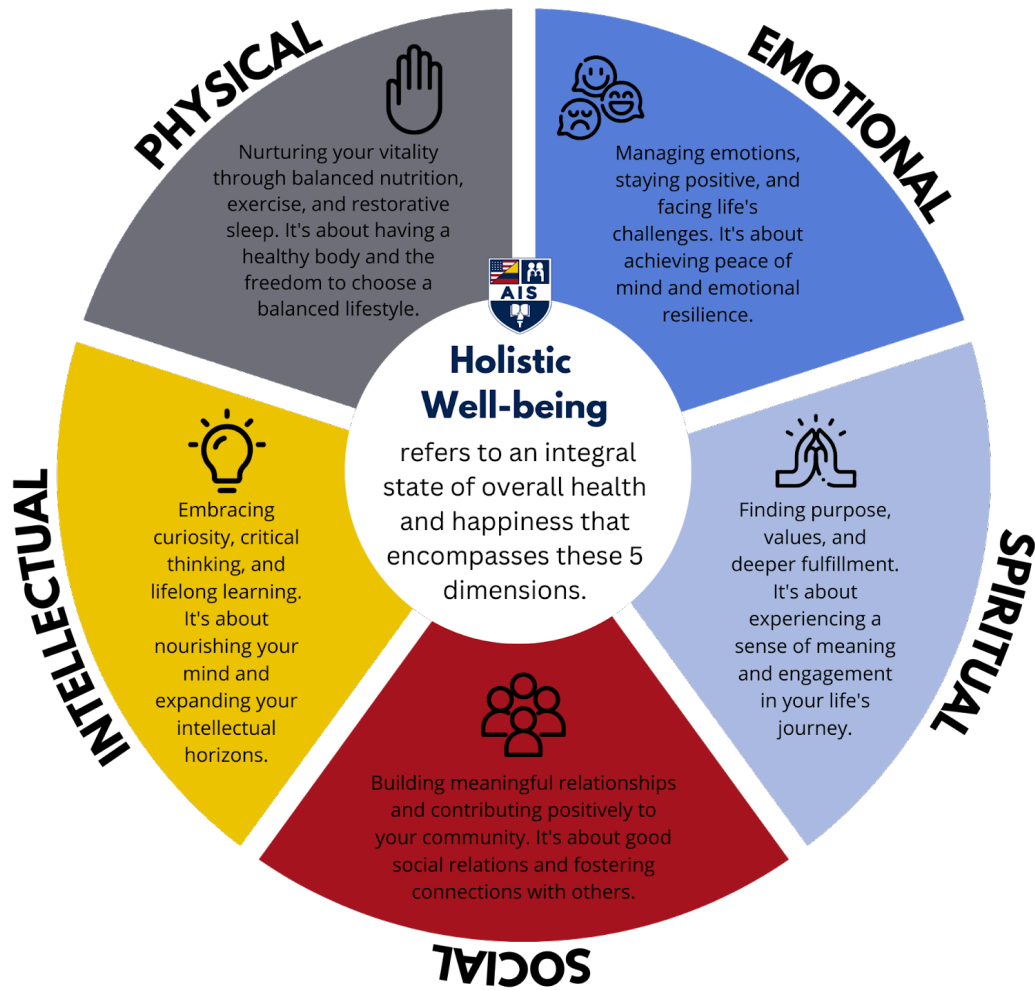
The AIS Community Well-Being Journey is your path to a balanced and fulfilling life. We want you to flourish, not just in one area, but in every dimension that makes you who you are. Our journey is all about helping you become the best version of yourself, so you can thrive and make a positive impact. It's about creating a life where your well-being is integral to your success and happiness.

Purpose: The AIS Community Holistic Well-Being Journey aims to empower every member of our community with the knowledge, tools, and support to enhance their holistic well-being across multiple dimensions, including spiritual, emotional, intellectual, physical, and social.

Benefits for Our Community Members:

- **Students:** Improved focus, resilience, and a deeper sense of purpose, leading to better academic performance and personal growth.
- **Parents:** Enhanced family relationships, stress management, and the ability to guide their children in well-being development.
- **Teachers:** Reduced burnout, increased job satisfaction, and improved relationships with students and colleagues.
- **Administrative Staff:** Increased job satisfaction, reduced workplace stress, and improved overall health and well-being.
- **School Leaders:** A more engaged and motivated staff, leading to a positive school culture and better learning outcomes.

This journey is designed to foster a culture of holistic well-being, where each member has the opportunity to thrive and achieve their full potential. It offers a personalized approach, allowing individuals to prioritize the dimensions that matter most to them. Our community members can expect to experience a more purpose-driven, balanced, and fulfilling life, both personally and professionally.



Dimensions of Well-Being

We've divided your well-being into five dimensions:

- a. **Spiritual Well-Being:** Finding purpose, values, and deeper fulfillment. It's about experiencing a sense of meaning and engagement in your life's journey.
- b. **Emotional Well-Being:** Managing emotions, staying positive, and facing life's challenges. It's about achieving peace of mind and emotional resilience.



- c. Intellectual Well-Being:** Embracing curiosity, critical thinking, and lifelong learning. It's about nourishing your mind and expanding your intellectual horizons.
- d. Physical Well-Being:** Nurturing your vitality through balanced nutrition, exercise, and restorative sleep. It's about having a healthy body and the freedom to choose a balanced lifestyle.
- e. Social Well-Being:** Building meaningful relationships and contributing positively to your community. It's about good social relations and fostering connections with others.

Phases of Our Journey

Your journey in each dimension starts with Flourish, progresses through Harmonize, Develops through Connect, Accomplishes through Celebrate, becomes Mastered in Unity, and finally, Transforms the world in Impact.

- a. Flourish (Starting):** This is where your journey begins. You're exploring, learning, and laying the foundation for well-being in this dimension. It's about understanding where you are and where you want to go.
- b. Harmonize (Progressing):** You're making strides and creating a balance in this phase. You're developing positive habits and routines that promote well-being in this dimension.
- c. Connect (Developing):** You're strengthening your connection with this dimension. You're deepening your understanding and actively engaging in practices that enhance your well-being.
- d. Celebrate (Accomplish):** You've achieved significant progress in this dimension. It's time to celebrate your accomplishments, whether big or small, and appreciate the positive impact on your well-being.
- e. Unity (Mastered):** You've mastered this dimension. It's now an integral part of your life, and you're consistently thriving in this aspect of well-being.
- f. Impact (Transforming):** In this final phase, you're not only maintaining your well-being but also contributing positively to the well-being of others and the community. Your journey inspires and makes a real difference.

The AIS Community Well-Being Journey - Your Personalized Path to Well-Being

At Altamira International School, we understand that well-being is a personal journey, unique to each individual. That's why we've designed our program to be flexible and tailored to your needs, allowing you to embark on a path that's just right for you.

- a. The Diagnostic Phase:** Understanding Where You Are



We start with a comprehensive well-being diagnostic that assesses your current position in each of the five dimensions: Spiritual, Emotional, Intellectual, Physical, and Social. This diagnostic provides a snapshot of your well-being journey.

b. Choosing Your Focus

Based on your diagnostic results, you'll have a clear picture of which dimension is ready to progress to the next phase and which might need more attention. It's your choice – you decide where you want to start.

c. Your Personalized Path

Each dimension in each phase comes with a well-being guide, a set of recommended habits, specific tasks, challenges, and a personal project designed to support your well-being journey. Whether you're enhancing your Spiritual, Emotional, Intellectual, Physical, or Social well-being, we've got your back with a roadmap to guide you.

d. Gradual Progress

You can choose to work on one dimension at a time, which we recommend for a focused, responsible, and committed approach. However, it's entirely up to you. If you're ready, you can work on two dimensions simultaneously. The pace is yours to set, ensuring you're comfortable and able to stay committed to your journey.

e. Support and Community

Throughout your journey, you won't be alone. Our community is here to support you, sharing experiences, advice, and encouragement. We're all on this journey together, each at our own pace. Additionally, at any moment, you can book an appointment with our Community Well-Being Coach for guidance, support, to clear doubts, celebrate your achievements, or simply to have a chat.

f. Celebrating Milestones

As you progress through phases, you'll reach milestones that deserve celebration. Each dimension's journey has its unique accomplishments, and we encourage you to celebrate each one, no matter how small, as a step forward on your path to a more balanced, fulfilled life.

By providing you with this personalized and flexible approach, we empower you to take charge of your well-being. It's your journey, and we're here to help you make the most of it. Whether you're diving into spiritual growth, emotional resilience, intellectual expansion, physical vitality, or enriching your social connections, we're here to guide you every step of the way.



Spiritual Well-Being JOURNEY

- **Definition:** This Spiritual Well-Being Journey emphasizes the progression of exploring and integrating a sense of purpose into your life, from awakened curiosity to becoming a purposeful catalyst for positive change. It highlights your journey of self-discovery and the meaningful impact you have on both yourself and the world around you.
- **Purpose:** being connected to something greater than yourself and having a set of values, principles, morals and beliefs that provide a sense of purpose and meaning to life
- **Benefits:** Inner fulfillment, values-driven living, ethics, mindfulness, faith, tolerance, compassion, service to others.
- **Phases:**
 - a. Seeking Meaning (Flourish)
 - b. Connecting with Inner Self (Harmonize)
 - c. Mindful Fulfillment (Connect)
 - d. Celebrating Inner Peace (Celebrate)
 - e. Unity with the Universe (Unity)
 - f. Transforming Life's Purpose (Impact)
- **Habits:**
 - a. Express Gratitude Daily
 - b. 5 min Conversations with the Divine
 - c. Acts of Kindness
- **Detailed Journey**



Emotional Well-Being JOURNEY

- **Definition:** This journey is a transformative exploration of your emotional landscape, designed to help you understand, manage, and celebrate your feelings. It empowers you to develop emotional resilience, cultivate positivity, and cope with life's challenges.
- **Purpose:** The purpose of this journey is for you to develop emotional resilience, manage and express emotions effectively, and cope with life's challenges.
- **Benefits:** Resilience, positive emotional state, better relationships, empathy, self-awareness, and stress management.
- **Phases:**
 - a. Understanding Emotions (Flourish)
 - b. Managing Emotions (Harmonize)
 - c. Cultivating Positivity (Connect)
 - d. Coping with Life's Challenges (Celebrate)

- e. Supporting Others (Unity)
- f. Transforming Lives (Impact)



Intellectual Well-Being JOURNEY

- **Definition:** This Intellectual Well-Being Journey celebrates your pursuit of wisdom and knowledge, from a curious seeker to a learning catalyst who inspires others. It's a testament to your ongoing dedication to learning and the meaningful impact you have on both your own growth and the enrichment of those around you.
- **Purpose:** To nurture intellectual curiosity, critical thinking, and creativity to expand knowledge.
- **Benefits:** Lifelong learning, critical thinking, adaptability, problem-solving, personal growth, and innovative thinking.
- **Phases:**
 - a. Curiosity and Exploration (Flourish)
 - b. Critical Thinking and Analysis (Harmonize)
 - c. Creativity and Innovation (Connect)
 - d. Lifelong Learning (Celebrate)
 - e. Adaptability and Versatility (Unity)
 - f. Impactful Knowledge Sharing (Impact)



Social Well-Being JOURNEY

- **Definition:** This Social Well-Being Journey reflects the evolution of your social connections, from initiating interactions to becoming a catalyst for positive social change. It emphasizes the importance of relationships, collaboration, and the role you play in creating a supportive and harmonious social environment.
- **Purpose:** To build meaningful relationships, foster a sense of belonging, and contribute positively to social networks.
- **Benefits:** Strong social connections, support system, positive and healthy relationships, community engagement, and a sense of belonging.
- **Phases:**
 - a. Building Connections (Flourish)
 - b. Fostering Relationships (Harmonize)
 - c. Contributing Positively (Connect)
 - d. Celebrating Community (Celebrate)
 - e. Unity and Solidarity (Unity)
 - f. Transforming Society (Impact)



Physical Well-Being JOURNEY

- **Definition:** This Physical Well-Being Journey emphasizes the progression of nurturing your body's health, from embracing vitality to becoming an advocate for wellness that includes nutrition, exercise, and self-care. It underscores the significant role you play in creating a balanced and energized physical state for yourself and those around you. It prioritizes healthy routines, balanced nutrition, exercise, and quality sleep.
- **Purpose:** To promote physical health through nutrition, exercise, and wellness practices.
- **Benefits:** Vitality, balanced lifestyle, strength, energy, well-being, stress reduction, and longevity.
- **Phases:**
 - a. Establishing Healthy Routines (Flourish)
 - b. Balancing Nutrition (Harmonize)
 - c. Exercise and Vitality (Connect)
 - d. Quality Sleep and Restoration (Celebrate)
 - e. Holistic Well-Being (Unity)
 - f. Physical Well-Being Advocate (Impact)

Let's Innovate: Gamification

"AIS Holistic Well-Being Quest"

The "AIS Holistic Well-Being Quest" is an interactive journey towards holistic well-being, designed for the AIS community. It is an immersive experience where players embark on a quest to balance and enrich their lives in five key dimensions: Spiritual, Emotional, Intellectual, Physical, and Social.

Benefits

- A fun and engaging way to take charge of your holistic well-being.
- Personalized guidance based on your current well-being phase in each dimension.
- Community support and camaraderie to keep you motivated.
- Progress tracking to see how your real-life well-being improves through the game



Game Details

Game Concept

- **Avatar Creation:** Players create unique avatars representing themselves.
- **Dimension Customization:** Players take a diagnostic test to determine which phase they're in for each dimension (Spiritual, Emotional, Intellectual, Physical, and Social). This sets the direction for their journey.

Worlds and Dimensions

- **Five Worlds:** Each world corresponds to a well-being dimension.
- **Phases:** Each world has phases (Flourish, Harmonize, Connect, Celebrate, Unity).
- **Well-Being Points:** Players earn these points by completing tasks and challenges in each phase.

Gameplay

- **Habits:** Daily well-being habits boost avatar stats.
- **Research:** Collect well-being knowledge to unlock abilities.
- **Challenges:** Test well-being skills and earn rewards.
- **Tasks:** Complete specific objectives to progress.
- **Projects:** Engage in larger well-being projects to master a phase.

Progression

- **Level Up:** Progress unlocks new skills and abilities.
- **Badges:** Earn badges for completing phases.
- **Certificates:** Achieve certificates for mastering dimensions.

Community Hub

- **Well-Being Community:** Connect with other players to share experiences, challenges, and support.
- **Multiplayer Challenges:** Collaborative challenges and competitions with other players.
- **Leaderboard:** See how you rank in the AIS well-being community.

Narrative

- **Guiding Storyline:** Weave a narrative that guides players on their well-being journey. A mentor character offers guidance and motivation.
- **Well-Being Quest:** The storyline revolves around the quest for well-being, making it more engaging and immersive.



Real-Life Impact

- **Application:** Encourage players to apply the lessons and habits from the game to their real-life well-being journey.
- **Impact Tracker:** A feature that lets players see how their well-being in real life improves through the game.

Well-Being Points Creative Use

- **Virtual Rewards:** Players can use well-being points to unlock in-game rewards like custom avatars, pets, or themed items.
- **Customization:** Spend points to personalize your avatar, in-game home, or virtual space.
- **Well-Being Shop:** A virtual shop where you can buy wellness resources or real-life well-being items with well-being points.
- This gamified approach empowers players to take charge of their well-being journey and motivates them to apply what they learn in the game to their everyday lives.

We all want to feel understanding and belonging. When we have the right conversations to engage our employees, make them feel heard and let them know we care and understand, we enhance the working space and develop a culture of joy. Employees are happier, more engaged and willing to work towards a mutual goal.