



**2020 October
Symposium
Member
Background info**

Member Symposium
Zoom session 2-5pm, 22nd October

Human Centred Education (HCE)

GHFP Research Institute

Our mission is to promote and support peace, and a sustainable human future.

We seek to contribute strategically to the resolution of human problems, in a spirit of optimism and realism.

We aim to facilitate processes that help true human qualities to develop in the world, and for our work to be inspired by these qualities.



Our founders believe that to effect enduring positive change and transformation in the world, the individual ought to start from a deeper connection with his/her inner life and spirituality.



Projects

- Our work in Human Centred Education includes **theoretical and empirical research** and **practical programmes in schools**, including programmes nurturing teenagers' holistic wellbeing and professional development aimed at teachers' wellbeing.
 - It is our view that these programmes should not be understood as add-ons, but that they should be **integrated into a whole-school approach** to holistic wellbeing.
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- The GHFP's work in Human Centred Education centres around the importance of recognising **holistic wellbeing** as the core aim of education. As well as encompassing physical, relational and emotional wellbeing, this also includes **spiritual wellbeing**.
- Spiritual well-being may be construed as a **self-conscious awareness** of ourselves as beings of dignity who are embedded in both the **transcendent and the immanent dimensions of life**. In other words, spiritual wellbeing is an awareness of oneself as a spiritual 'I', or a soul. This consciousness might be the fruit of **religious practice or faith**, a deeply felt **connection to nature**, or a **passion for others, community, and society**.



12-week SEES (Social, Emotional, Ethical, Spiritual) Programme with 14-18s (formerly 'Saturday Satya')

- *Satya* is a Sanskrit word for 'truth' or 'ultimate reality' and refers to the virtue of being truthful in one's thought, speech and action. Saturday Satya was a series of Saturday morning sessions in which a group of 14-16 year olds from diverse backgrounds were challenged and guided to explore their **understandings of themselves, others and the world around them**. It was initiated as part of the Eton-Slough Independent and State School Partnership (ISSP) scheme.
- Facilitators use spaces and activities that **inspire awe** such as walking barefoot together through the Eton College Chapel, to encourage students to feel and reflect on the **spiritual dimension** of such experiences.
- Our 12-week SEES programme supports the SMSC agenda, with a focus on **spiritual development and exploration**.
- The pedagogies of the programme feature **respectful, caring, imaginative and open-minded approaches** which help create **safe spaces** and enable students to explore different aspects of themselves and engage with others' perspectives, through **creative exploration, contemplation and dialogue**.
- The sessions are underpinned by a **pedagogy of presence**, and students are invited to consider what it means to be truly present, to others and to oneself. Feedback emphasises the significance of the regular rituals that involve **meditative or reflective quiet**, something students crave in their hectic lives.



Holistic Wellbeing Dialogue Circles as Teacher Professional Development

- Our HCE team work with teachers in a variety of settings to support their holistic wellbeing as well as supporting them to nurture the **whole-person development** of their students
- This usually takes the form of **values-based dialogue groups**, with opportunities for silent **contemplation**, and spaces for **meditation** and **reflection**.
- We encourage teachers, support staff and school leaders to reflect upon their own role in nurturing wellbeing in school and the importance of a **whole-school approach**.





Spirituality in Education Alliance UK

Supporting the development of whole children and flourishing school cultures

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