



## **Improving Staff and Student Wellbeing, and Creating a Curriculum of Giving**

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By engaging with the latest research evidence available and in related practical activities, we will examine why giving to others seems to be the healthiest thing that we can do as humans, making us happier and possibly even live longer. It is an investigation that yields surprising results in terms of how we may best live our lives as individuals – and which in turn has profound implications for how we teach and manage students.

Giving to others, in turns out, is one of the best predictors of increasing academic diligence and success, as well as wellbeing and pro-social behaviour in the classroom.