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Lauve Wellbeing: The power of values and the physical dimension for community health and development.

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Lauve Wellbeing offers an online education designed for community and school leaders (including governors), coaches, teachers, parents and Initial Teacher Educators

<https://www.lauvewellbeing.com/>. Using the research findings from the book Physical Education and Wellbeing: Global and Holistic Approaches to Child Health and Academic Learning, the Lauve Wellbeing website has been designed to bridge the research to practice using simplified and practical videos and literature. Hence, the aim of Lauve Wellbeing is to enable optimal personal and collective performance and to prepare children and community members for life-long learning in a rapidly changing world. Lauve Wellbeing has evolved over a span of 30 years of evidence based research and continued critical reflection during global school and community leadership experience and will be explored in this presentation. The word 'Lauve' is an acronym for Learning Approach Using Values Education. Lauve Wellbeing involves acknowledging the complexities in the nature of enacting Learning Values (using the universal competencies) for wellbeing, identifying them as intensely contested constructs that are being developed in a multi-layered ecosystem of relationships, comprising of diverse experiences and beliefs. Subsequently, the physical dimension can be used to enhance the opportunities for the development of Learning Values and wellbeing for all members. Hence, community leaders and educators have a responsibility to present meaningful Learning Values (universal competencies), the core of community cohesion, in a simple, developmentally appropriate and inclusive manner so that all community members can clearly understand; enabling genuine belief and deep implementation.