

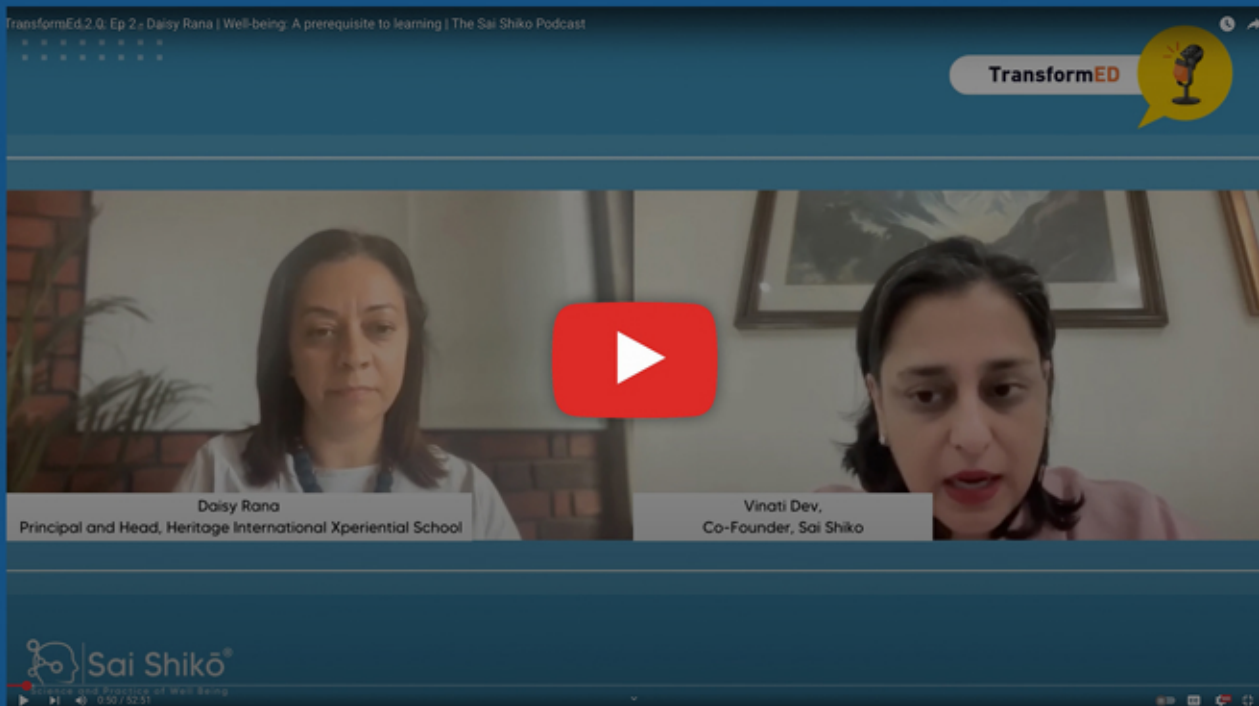
Well-Being

A prerequisite to learning

April 2, 2025

A passionate advocate for social-emotional wellness, HIXS Principal, Daisy Rana, recently featured on the TransformED podcast with host Sai Shiko to dive into a topic we hear often—but rarely unpack: well-being in education. Daisy brings powerful insights to the conversation through Martin Seligman's PERMA model, which explores: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. She reflects on what well-being truly means in our school community—and how we can intentionally nurture it with students, teachers, and parents alike.

Don't miss this inspiring conversation that reimagines well-being not just as a goal, but as a way of being.



Checkout the Episode

https://www.youtube.com/watch?v=e8_miTghji0&t=299s