

JANELL BURLEY HOFMANN.

## Wanting it All

DESIGNING AND DEVELOPING A SUSTAINABLE LIFE OF  
WELL-BEING THROUGH REFLECTIVE PRACTICE

Janell Burley Hofmann  
Part 1: CRCRCT 2018 Synthesis Review

2018 Synthesis Sustainability Strategies

Reflective Practice

Systems and Design

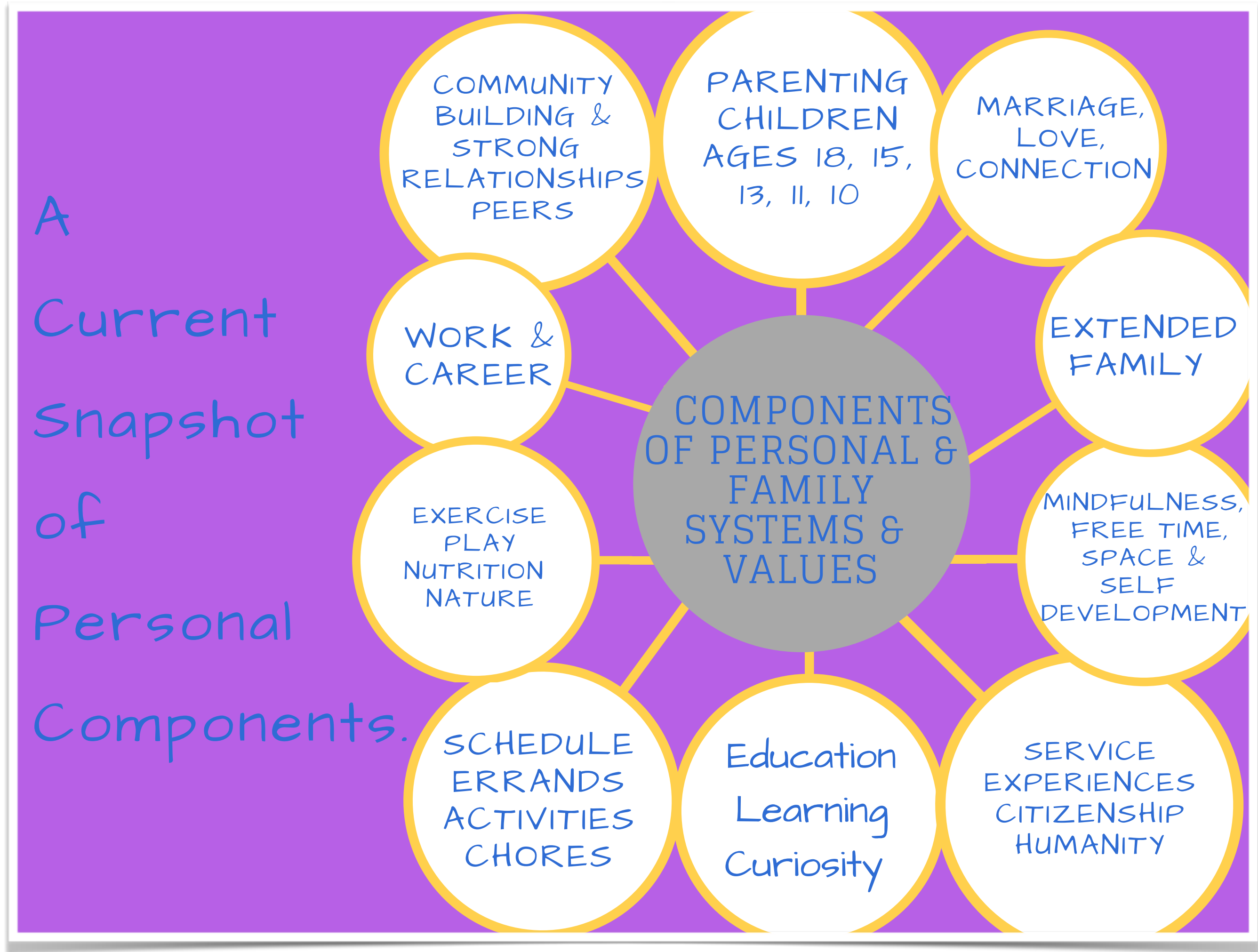
2018 Synthesis Well-Being Cornerstones

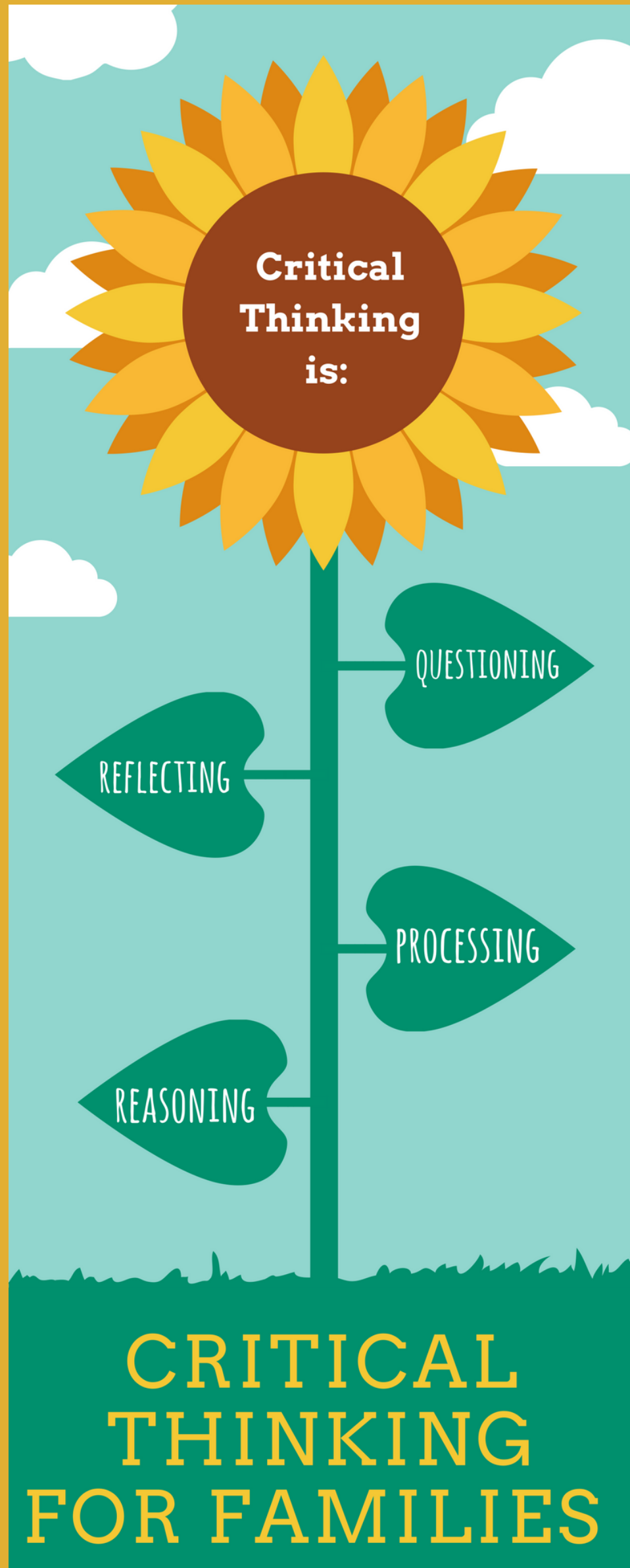
Connection

Mindfulness

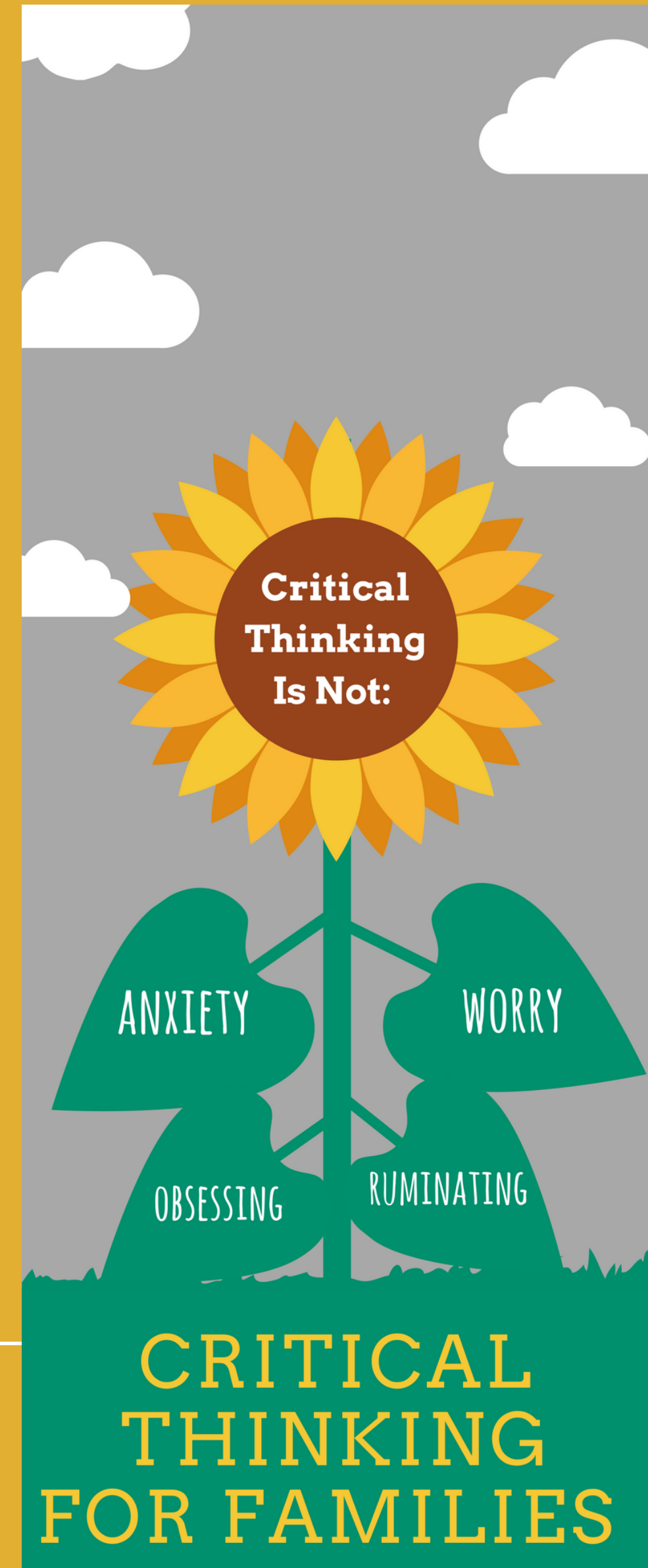
Self-Knowledge







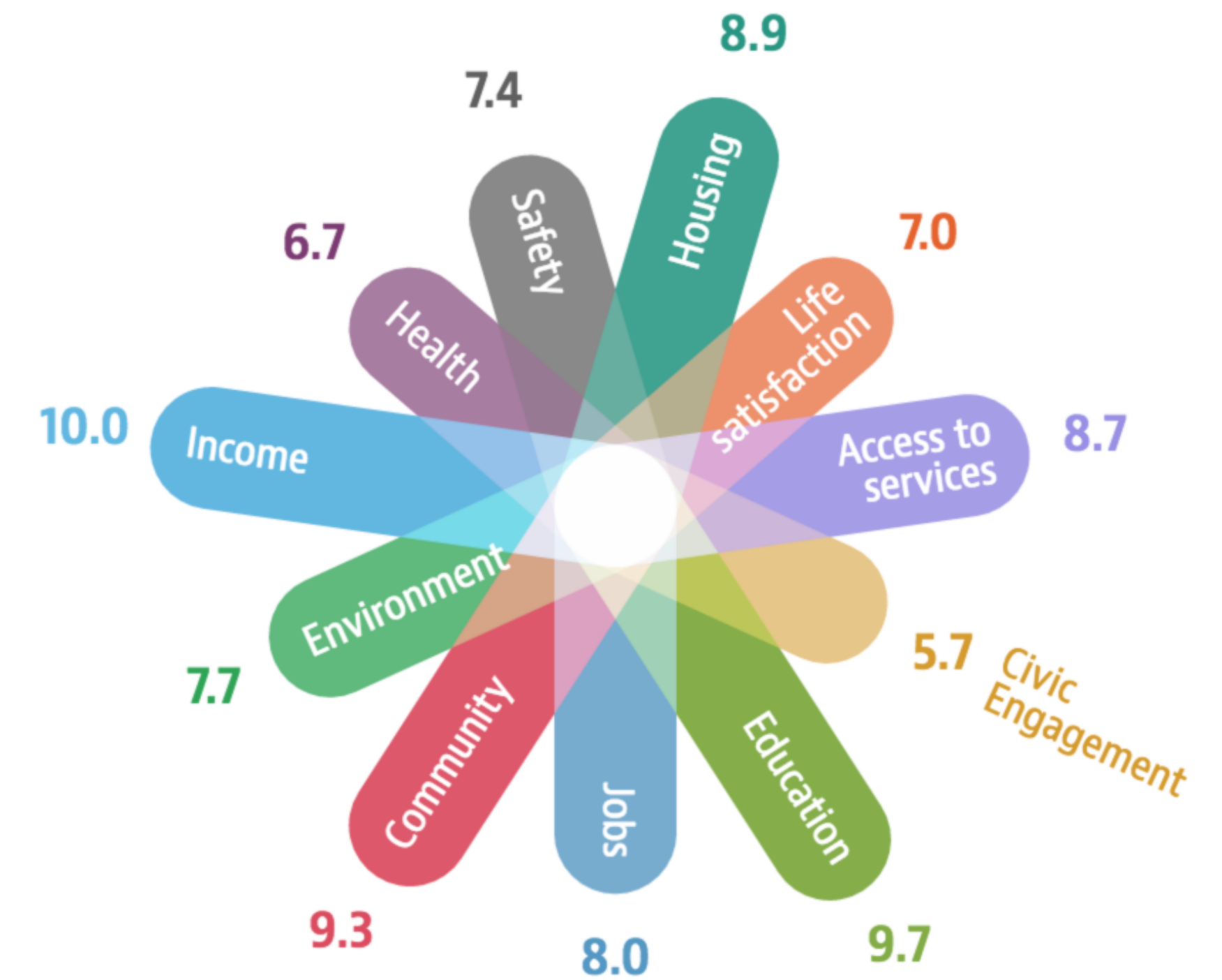
**REFLECTIVE PRACTICE FOR WELL-BEING**



“The OECD (Organization for Economic Cooperation and Development) has identified as essential to well-being in terms of *material living conditions* (housing, income, jobs) and *quality of life* (community, education, environment, governance, health, life satisfaction, safety and work-life balance).

Source:  
<http://www.oecdbetterlifeindex.org/about/better-life-initiative/#question2>

## How is life in Massachusetts?



## How is life around you?



<http://oecdregionalwellbeing.org>

# Reflective Design FOR FAMILY NEEDS

1

**CHOOSE A SPECIFIC  
ISSUE TO  
EXPLORE.**

2

**ENGAGE  
STAKEHOLDERS.  
SCHEDULE TIME TO  
DISCUSS.**

3

**TAKE INVENTORY ON  
WHAT'S WORKING &  
WHAT ISN'T.**

4

**ASSESS WHAT IS  
NEEDED.**

5

**CONSIDER  
ALTERNATIVES**

6

**DECIDE ON ACTION.  
REVISIT. REVISE.**

WHAT HAS EMERGED?

PHASE 1: LIFE BY  
DESIGN

**“A great design comes together in a way that can’t be solved with equations and spreadsheets and data analysis. It has a look and feel all of its own - a beautiful aesthetic that speaks to you.”**

Burnett & Evans

PHASE 2:  
ACTION ORIENTATION

# Where Do I Begin Right Now?





Janell Burley Hofmann  
Part 2: CRCRCT Synthesis Update  
Spring 2019

2019 Synthesis Course Reflections

Metacognition

Foundations of Philosophical Thought

Holistic and Transformational Teaching

2019 Synthesis Course Integration

Thinking About Our Thinking

Developed Inquiry

Development and Understanding of the Self

# METACOGNITION & THE FAMILY SYSTEM

## Moving Metacognition Beyond Classroom Learners

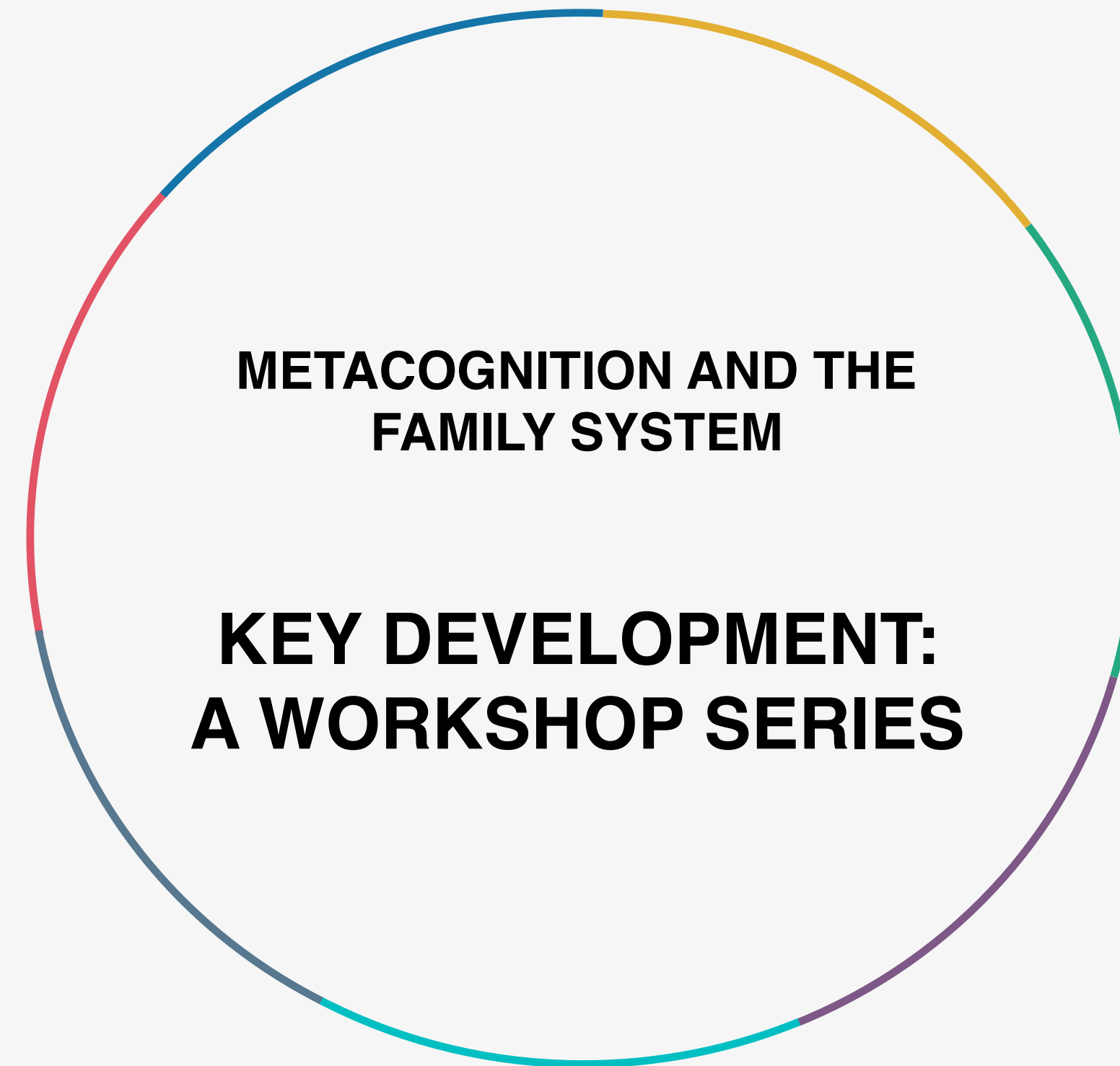
“Mindful parenting calls us to acknowledge and name the challenges we face daily in trying to to parent with awareness. For awareness has to be inclusive. It has to include recognizing our own frustrations, insecurities, and shortcomings, our limits and limitations, even our darkest and most destructive feelings, and the ways we may feel overwhelmed or pulled apart. It challenges us to ‘work with’ these very energies consciously and systematically.” (Kabat-Zinn, Kabat-Zinn 2014)

**WORKSHOP 1:**

**PURPOSE:** To encourage parents (and caregivers) to understand and adopt metacognitive strategies in their family life.

**WORKSHOP 2:**

**PURPOSE:** To encourage parents (and caregivers) to use metacognition as it relates to the practical design of functionality and family systems.



**WORKSHOP 3:**

**PURPOSE:** To learn strategies for improved and deepened communication among parents (and caregivers) and their children using reflective practice.

# METACOGNITION AND THE FAMILY SYSTEM

## Workshop Outcomes

1 QUESTIONING AND REFLECTING



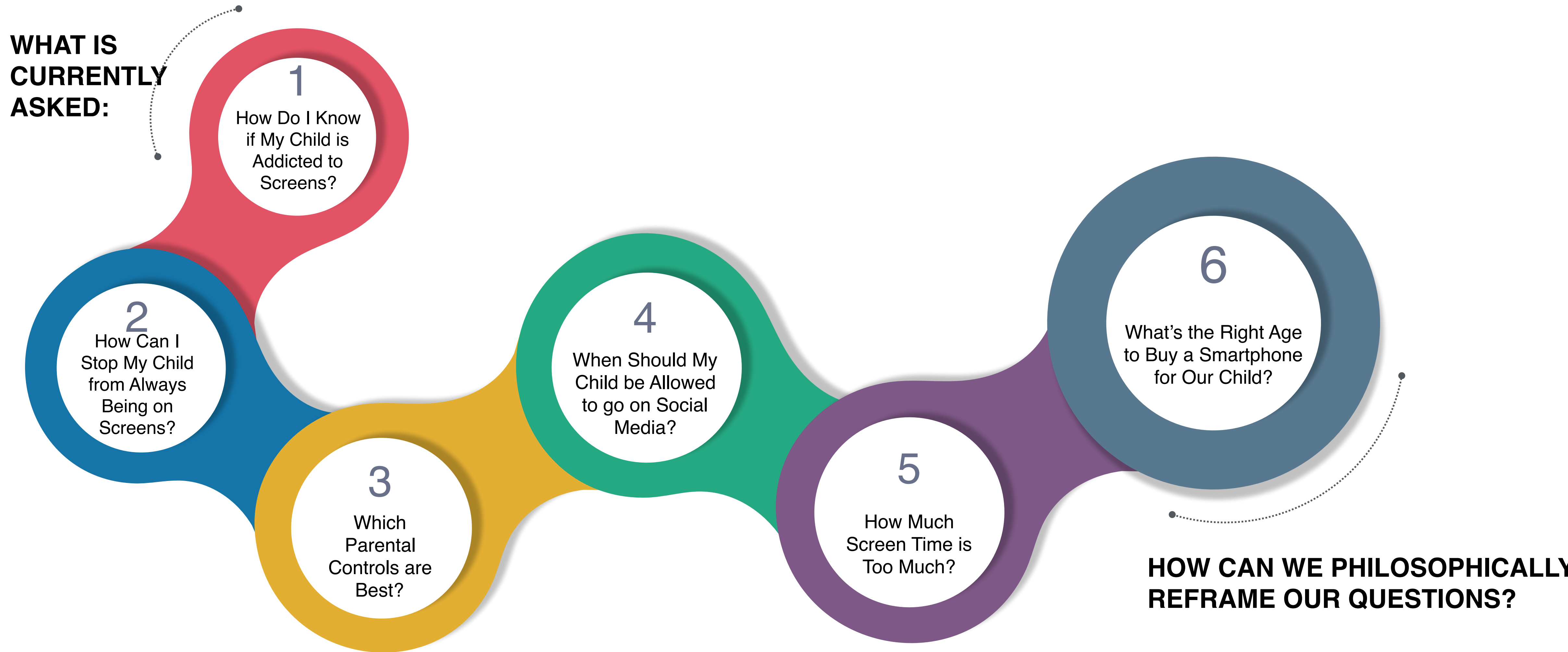
LEARNING AND IDENTIFYING NEEDS 2

3 COMMUNITY AND MEDIATION

APPLICATION AND PRACTICE 4

# FOUNDATION PHILOSOPHICAL THOUGHT

## KEY DEVELOPMENT: REFRAMING QUESTIONS & CONCERNS FOR GREATER IMPACT



FOUNDATIONS OF PHILOSOPHICAL  
THOUGHT  
**HOW CAN WE PHILOSOPHICALLY REFRAME OUR QUESTIONS?**

HOW CAN WE INTEGRATE THE USE OF TECHNOLOGY INTO THE LIFE WE WISH TO DESIGN FOR OUR FAMILIES AND OURSELVES?

01

WHAT (IF ANYTHING) ARE WE GIVING UP TO ENJOY THE INTERNET?

02

HOW CAN WE BALANCE OUR LIVES TO EMBRACE BOTH LIFE ONLINE AND AND LIFE AWAY FROM THE SCREENS?

03

WHAT IS CURRENTLY WORKING AND WHERE DO WE NEED TO IMPROVE?

04

WHAT DO I WANT FROM MY TECHNOLOGY ?

05

WHAT AM I SPECIFICALLY WORRIED ABOUT?

06

WHY DO I FEEL AFRAID OF THE TECHNOLOGY ?

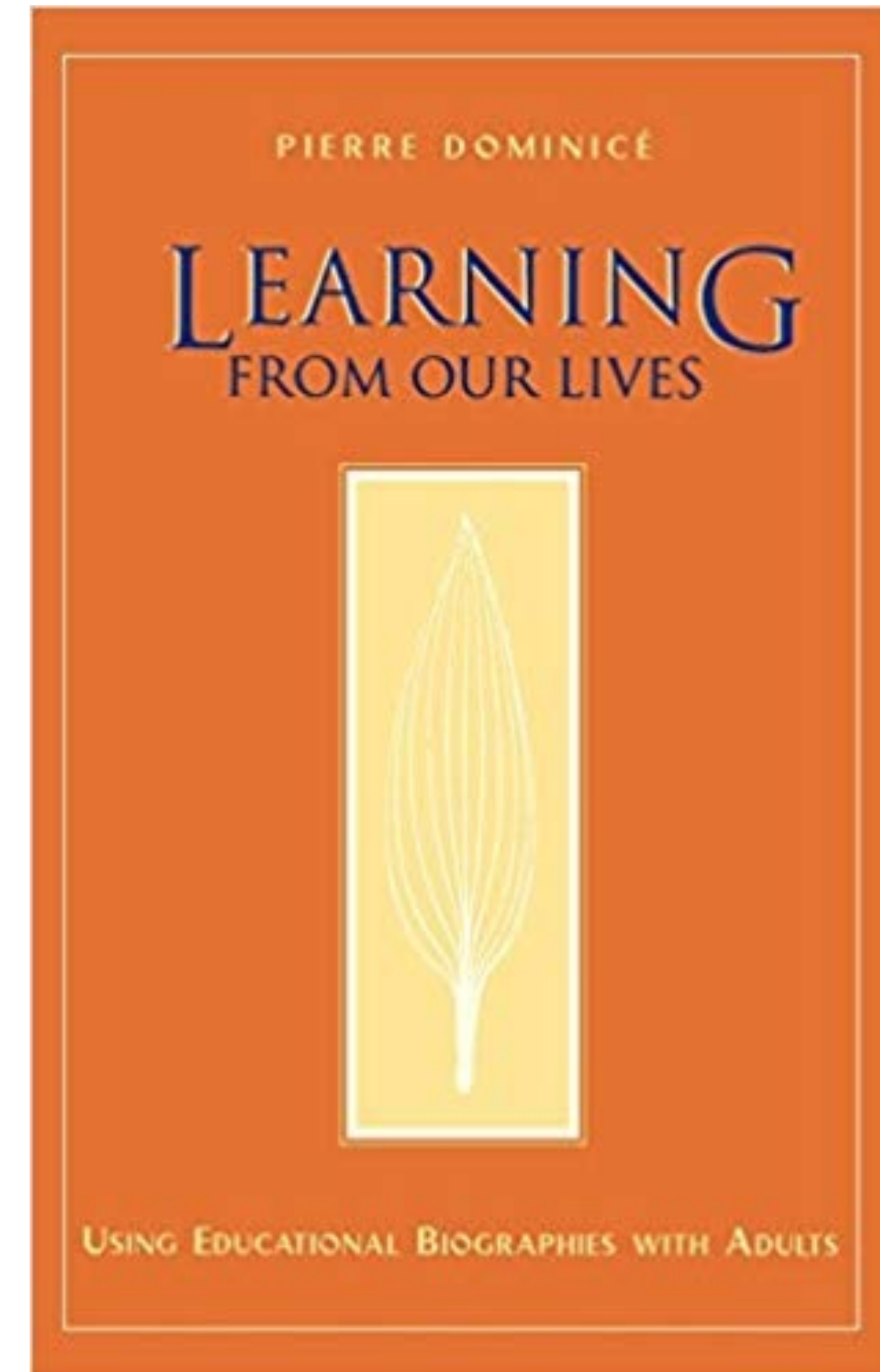
07

# HOLISTIC AND TRANSFORMATIVE TEACHING

## KEY DEVELOPMENT: THE EDUCATIONAL BIOGRAPHY MODEL FOR FAMILY BIOGRAPHIES

### WHAT IS AN EDUCATIONAL BIOGRAPHY?

“..its main purpose is to help adults deepen their understanding of their own ways of learning and of their existing knowledge. It is a narrative research method that helps people identify their learning processes in adulthood.” (Dominice xv)



# EDUCATIONAL BIOGRAPHY

## Mapping Educational Biography Components



HOW CAN THESE COMPONENTS BE APPLIED TO BENEFIT FAMILIES?



# FAMILY BIOGRAPHY OUTCOMES:

**A TANGIBLE, REPLICABLE PROCESS FOR SELF-**

**A SHAREABLE ASPECT OF ONE'S FAMILY**

**AN OPPORTUNITY TO IDENTIFY THE "WHYS" IN OUR FAMILY LIFE**

**AN OPPORTUNITY TO REFLECT ON WHAT WE WANT FROM  
FAMILY LIFE NOW, WHAT MIGHT NEED TO CHANGE, &  
WHERE WE'RE HEADED**

**A COMMUNITY BUILDING PROCESS WITH OTHERS  
THROUGH SHARED EXPERIENCE, FEEDBACK, AND  
FACILITATION. TO RAISE CONSCIOUSNESS ABOUT  
PERSONAL PARENTING STYLES & PHILOSOPHIES.**

**TO IMPROVE - WITH ATTENTION AND AWARENESS - OUR  
PARENTING PRACTICES.**

# FINAL INTEGRATIONS FOR SUSTAINABILITY AND WELL-BEING: CRITICAL AND CREATIVE THINKING

- 1 **Intentional Opportunities for Reflective Practice in dialogue and design for methods of development and growth.**
- 2 **Diversity of Thought: many perspectives and experiences in a consistent and collaborative frame.**
- 3 **Opportunities for questioning and inquiry.**
- 4 **Support for Risk Taking with a call for Independent Thinking.**
- 5 **Feedback Structures for Continuous Improvement and Development.**
- 6 **Holding the tension of new ideas with an openness to suspend certainty.**
- 7 **Goal oriented with space for the emergence of unanticipated knowledge and growth.**