

## TESTIMONIAL

### Testimonial from Wellington College

Wellington has been running lessons in Well-being for the last 4 years and this year, we introduced visits from Explore to form part of our work on Positive Relationships in Year 11.

The teaching of Well-being is concerned with helping young people to reflect upon what it means to bring about their own flourishing and that of others, so what better way of exploring that idea than to have students reflect upon the importance of long-term, committed relationships; a proven ingredient of the happy life.

The students' experience was a uniformly positive one; all of them commenting on how good and how valuable the experience of an Explore workshop was for them and we will definitely be making them a regular fixture in our programme of relationship education.

Ian Morris  
Head of Well-being  
Wellington College