CASS FALL LEARNING CONFERENCE 2026

Leader Table Talk Invitations

For Lifelong Well-Being

These invitations support leadership dialogue that brings together individual experience, collective sense-making, and organizational learning. Choose questions that are most relevant to your setting and time available.

01	Across our own experiences and those of our teams, what small shifts are we noticing in energy, pacing, or steadiness, and what do these signals suggest about how well-being is currently being supported in our organization?
02	What are we learning about feasibility? Specifically, what makes well-being practices easier or harder to sustain within our organizational rhythms, demands, and constraints?
03	Where do we see alignment between our stated values (e.g. purpose, kindness, connection) and the lived experience of daily work, and where do we notice misalignment?
04	What insights are emerging through shared stories and dialogue that we could not see in isolation, and how does this collective sense-making strengthen trust and cohesion?
05	Based on what we are learning together, what is one small but meaningful refinement we could make to our organizational conditions (e.g., norms, schedules, expectations, agreements) so that well-being is carried collectively rather than relying on individual effort alone?

Source: Kapoyannis, T. (2026). Supplementary material, Appendix A: Leader Table Talk Invitations for Lifelong Well-Being (Flourish–Practice), accompanying “Designing for lifelong well-being,” Frontiers in Education. https://doi.org/10.3389/feduc.2026.1936747