



# Wheel of Well-being

## Wheel-of-Wellbeing (WoW) Intensive Training Upskill in mental health and wellbeing

*“The best training I have ever been on – I felt privileged to be part of it*

### WOW Intensive

Over the past twenty years, there has been a growing field of research that combines aspects of psychology, health and economics that is exploring what makes us happy – what kind of things we can do to improve our wellbeing. It has partly been fueled by the rapid pace of social, environmental and technological change – and the recognition that money isn't buying us as much happiness as we thought it would.



The WoW Intensive training is a six-day evidence-based program that combines theory and lots of hands-on activities to explore happiness and wellbeing from both individual (me) and collective (we) perspectives. Designed by Implemental (previously Maudsley International) it gives participants an understanding of the concepts underpinning good mental health, a grounding in the WoW framework, and introduces simple tools that can be used to help people improve mental health and wellbeing. At the end of the program, as part of a small team, you will apply your learnings to deliver your

own session within an 'Introducing the Wheel of Wellbeing' one-day workshop and have the opportunity to become verified by Implemental as a WoW practitioner.

### The Wheel of Wellbeing

WoW is changing lives in many Queensland communities. Learn more about the six universal themes and their role in better mental health and wellbeing.

Body Mind Spirit People Place Planet

### WOW – it works!

A recent independent evaluation of the WoW program found that participation has led to **a significant shift in the understanding, engagement and practice at individual, organizational and systems levels**. People consistently take what they learn and use it themselves their families, workplaces and communities

### Course dates: Rockhampton

Block 1: 23&24 August 2021

Block 2: 14&15 September 2021

Day 5: 19 October 2021

Day 6: Verification workshop -to be agreed with you

### Course fees:

\$4400: includes 6 days training, mentoring, verification and access to practitioner resources and WoW network membership

Through the WoW Intensive Training program, you will learn about:

- **the science of good mental health**—food and mood, coping with stress and more
- **Wheel of Wellbeing**—the six universal themes that contribute to good mental health
- **places WoW is being used**—from inner city to rural and remote success stories
- **practical tools**—the everyday practices that lead to improved wellbeing
- **experimenting for yourself**—by sharing ideas and learning from others
- **bringing WoW to your community**—how you can apply WoW in your area and work.

*“Just a quick thank you to express my gratitude for the amazing program you ran last week. I feel totally inspired and of course want to have started yesterday everything in my head”*

The Queensland Mental Health Commission funded and supported the adaptation of WoW for the Australian context, including a 5-year, statewide capacity building program.

For more on the Wheel of Wellbeing visit [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org), or to view more on ways WoW is being used in Queensland can be viewed at <https://vimeo.com/263096123>

### Wheel of Wellbeing: the back story

Developed by Implemental, WoW draws on evidence developed by the New Economics Foundation as part of the Foresight project on Mental Capital and Wellbeing 2008.

WoW is a simple and flexible framework for understanding and promoting positive mental health and wellbeing through six universal themes: **Body, Mind, Spirit, People Place** and **Planet**.



Better understanding of its themes contributes to healthier, happier, more meaningful and productive lives and ultimately more flourishing communities.

Since its introduction in 2008, WoW has grown to include a series of workshops, including half day and full day introductory workshops, an eight-session Do It Yourself Happiness course, and online and other practical resources.

WoW is easily incorporated and used in a variety of ways beyond the workshop format and has been adapted for use in creative ways in a variety of contexts around the world by many community-minded organisations. It is increasingly being adapted through local government, schools and universities, libraries and beyond.

## How to apply

Application is by due by **5pm 16th July 2021** and submitted to: [tonycoggins@ymail.com](mailto:tonycoggins@ymail.com)

## Application

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Organisation/affiliation: \_\_\_\_\_

## Commit to the requirements

You must be able to commit to:

- attendance and **active** participation during both training blocks
- preparation around 2-3 hours prior to the course (to include reading and watching video's)
- participation in a WoW workshop preparation day
- planning and co-facilitating a WoW workshop for your workplace or community
- completion of a learning log
- Course fees are \$4400: this includes 6 days training, mentoring, verification and access to practitioner resources and WoW network membership

I understand and agree with the above requirements

Signature: \_\_\_\_\_

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