Six-Ways to Wellbeing Course

About the Course

Over the past two decades, research drawing on psychology, health and economics has transformed our understanding of what makes us happy and what we can do to improve our mental wellbeing. Against a backdrop of rapid social, environmental and technological change, there is also growing recognition that happiness and wellbeing are about much more than money or material success.

This engaging, practical course explores the building blocks of a happier, healthier life through the Six Ways to Wellbeing**.** Across eight sessions, participants will explore the evidence behind what helps us flourish, reflect on their own lives and discover practical ways to enhance their wellbeing and that of others.

Combining accessible theory, discussion and hands-on activities, each session builds on the last, helping participants develop a deeper understanding of wellbeing and how to put it into practice in everyday life.

All sessions are supported by free downloadable resources available at www.thrivewbc.com/resources.

About the trainer

Tony Coggins is an experienced mental health and wellbeing strategist, trainer and consultant with over 30 years' experience across the public, voluntary and health sectors in the UK and internationally. He has held senior NHS leadership roles, including Head of Mental Health Promotion at South London and Maudsley NHS Foundation Trust, and has worked with universities, government agencies and community organisations in the UK and Australia.



Tony has extensive experience developing and delivering mental health and wellbeing programmes and has trained hundreds of wellbeing champions and practitioners in the Wheel of Wellbeing. He is passionate about making the evidence and practice of mental wellbeing accessible and practical, empowering people to improve their own wellbeing and support others.

For more information: tonycoggins@thrivewbc.com

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Course Content

Session 1: An introduction to the science of happiness and wellbeing



Positive emotions & health
What contributes most to happiness

Session 2: Body: Be Active



The causes of stress
The SNS and PNS nervous system
The impact of stress on body and mind
How to manage stress

Session 3: Mind: Keep Learning



The brain gut connection
Food and mood
Flow

Session 4: Spirit: Give



The health benefits of gratitude
The heart brain connection
Gratitude activity

Session 5: People: Connect



Social connections & health
Social capital
How we connect

Session 6: Place: Take Notice



Mindfulness and meditation
Benefits of mindfulness
Place and wellbeing

Session 7: Planet: Care



The blue zones
Happy planet index

Session 8: Theory into Practice



Applying the six-ways