



WELLBEING
PROJECT

WELLBEING CERTIFICATE

Wellbeing in Break O'Day

FREE sessions over 8 weeks to create + grow
wellbeing for others + yourself

Get involved, take action, + build
wellbeing in your local community.

A wellbeing program that brings out the best in
our community by connecting local people,
strengths and ideas to evidence-based tools and
resources.

Learn about the science of wellbeing, and new ways to create wellbeing for
yourself and for those around you. Broaden your wellbeing language, learn
about positive psychology, and build your skills to create wellbeing in your
community on things that matter to you.

Starts July
2023
St Helens &
Fingal Valley –
St Marys

Apply Now + More Info
www.wellbeingaction.org

Contact Leah, Break O'Day Council
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6376 7900

Create ripples of change for big impact



Supporting Partner **THEWELLBEINGLAB**



About the Certificate

Over 8 weeks you will:

- ✓ Learn about creating and growing wellbeing, and the impact this can have on you, your friends and family, and your community.
- ✓ Learn a new language of wellbeing.
- ✓ Apply wellbeing language, tools and strategies to enhance the wellbeing of yourself and those around you.
- ✓ Explore a website of wellbeing wisdom at your own pace.
www.wellbeingaction.org
- ✓ Develop lifelong skills to be a wellbeing champion.
- ✓ Design wellbeing actions using what you learn, to bring out the best in yourself and our community. We can't wait to hear your ideas!

EIGHT
face-to-face
group sessions

Simple weekly
wellbeing
tasks

Design local
wellbeing
actions

You will feel inspired, excited, confident and ready to take actions that improve your own wellbeing and the wellbeing of those around you.



How you do it

Explore ways of wellbeing that we know work. Share and learn together in a supportive environment with others.

Take part in eight face-to-face group sessions of three hours. Share what is working well for you and how you are using what you learn.

Complete a weekly wellbeing task. Reap the rewards of putting into practice what you are learning, with lots of support.

Build a wellbeing toolkit you can share with others. Collect your favourite everyday wellbeing practices you can use to help you, your friends and family, a team, group, or your community to thrive.

Receive support, from local trainers, mentors and each other to help make your learning journey easy and joyful.

Explore a free OPTIONAL website of wellbeing content. Explore a world of wellbeing and share it with your family and friends too. The program is face-face so you do not need to access the website to do the Certificate.

Once you have completed the six wellbeing tasks and participated in at least 80% of the face-to-face sessions, you will be awarded a Certificate.



Safe and supported space for connection, learning and cultivation of ideas.

When you commit to making time to think and talk about wellbeing with others you have already taken the most important step. That commitment will give you the time and space to try new things and to grow.

Frequently Asked Questions

HOW DOES THE WELLBEING CERTIFICATE WORK?

We bring people together to learn more about recognising and using strengths and positivity to create small changes for big impact in our community. We promise to help you identify what works well for yourself and those around you, and to give you tools, resources and support to create changes that make an impact.

WHAT CAN I EXPECT?

We create a safe and supportive space for conversation and connection. Thinking and sharing about wellbeing can sometimes make anyone feel a little awkward and uncomfortable. This is normal. We will check in with you regularly and ask you what is ok for you. We are agile and people-centred so if we need to change things up we will.

HOW DO I EARN MY CERTIFICATE?

You do a small task each week in your own time. Then the next week you share what you did and how it went with your group. You are not marked or graded. You contribute to designing and delivering a community project.

IS IT A SELF HELP PROGRAM?

No. This is a program to support good people to do good things in our community. Things that will improve people's sense of wellbeing. To do good things you need to reflect on your own behaviours and experiences and practice on yourself first. This program is for people who are ready to create wellbeing with and for others but you can expect to create a stronger sense of wellbeing for yourself too!

WHAT WILL I DO?

You will participate in a three hour group session each week for 8 weeks. The sessions are fun, supportive and interactive. You will share with your group about good things you have seen or enjoyed. You will help design a small project to impact your community. We encourage and support you to work in teams but you can do a solo project too.

IS THE CERTIFICATE ACCREDITED OR RECOGNISED?

No. The real value comes from what you experience and do together in a group using evidence-based and high quality resources. We will give you a Certificate and quality statement for you to use to showcase your achievement and the merits of the program.

WHAT DOES A WELLBEING CERTIFICATE GIVE ME?

You will feel inspired, excited, confident and ready to take actions that improve your own wellbeing and the wellbeing of those around you. When you commit to spending time with us each week for 8 weeks you have already taken the most important step. That commitment will give you the time and space to try new things, to grow and to be part of creating something great.