

Certificate in Creating Wellbeing

Break O'Day Community

Wellbeing Project



WELLBEING
PROJECT

Participant Agreement 2022

Summary

In this training course, you will explore ways to create wellbeing for yourself and for those around you. You will broaden your **wellbeing language**, and learn about **positive psychology**, and how this can help you create wellbeing.

Please read the **Training Overview**, which contains details about the training content, tasks and dates before you commit to the training.

About the Training

The Break O'Day Community Wellbeing Pilot Project supports people to get involved, take action, and build wellbeing in their local community. The training for the **Certificate in Creating Wellbeing** cultivates community champions to sow the seeds for wellbeing action.

In the training, you will learn about positive psychology and develop skills to use tools and approaches to nurture wellbeing in yourself and others. You will develop a Community Impact Project to help grow wellbeing in your local community.

Mentorship is central to the training. The lead trainers are mentoring next year's trainers, and last year's participants will help to mentor you.

There are no formal assessments, marks or grades. You are not in competition with anyone to 'pass' and receive your Certificate in Creating Wellbeing.

About you

You **DO NOT** need prior knowledge of wellbeing concepts. Your individual strengths and the things you know about your local community will be very valuable.

You **DO** need to be ready to apply what you know, and what you are learning to support wellbeing in others in your community.

This course includes some self-focussed work to help you learn and experiment with new wellbeing tools before you apply them in your community, but this is not a self-help course.

We strive to create a safe and nurturing space for learning and growth. You must be ready to share openly and generously and to be open to the perspectives of others.

Your commitment

1. You will attend at least 70% of:
 - FIVE Face-to-face ½ day sessions on Saturdays. TOTAL 20 hours.
 - EIGHT online sessions. Share and learn from each other. TOTAL 12 hours.
2. You will spend time each week exploring online content and completing wellbeing challenges. Approximately 40 hours (approx. 3 hours per week - varies).
3. You will complete SIX Wellbeing Challenges. You demonstrate that you have completed the challenges by submitting learning reflections or sharing what you are learning with the rest of the group.

Note

Being open and reflecting on the self may trigger unexpected emotional responses. The tools and approaches you will experiment with will stretch you and might be uncomfortable at times. This should not at any time, make you feel overwhelmed.

The Training Team and Project Coordinator, are ready to help you identify someone to talk with or guide you to the most appropriate support service if at any time you need support.

Signing Page

I _____

First Name

Last Name

of _____

Current residential address

Are over 18 years of age, and acknowledge and agree that I will attend at least 70% of the organised training sessions (both face-to-face and online) and complete all six challenges, and that I will participate openly and generously and support the participation of others.

Signed

Date

More information

Contact the Leah Page, the Project Coordinator, at Break O'Day Council at wellbeing@bodc.tas.gov.au or call 6376 7900.