



WELLBEING PROJECT

Certificate in Creating Wellbeing

Break O'Day Community Wellbeing Project

Training Overview 2022

Certificate in Creating Wellbeing

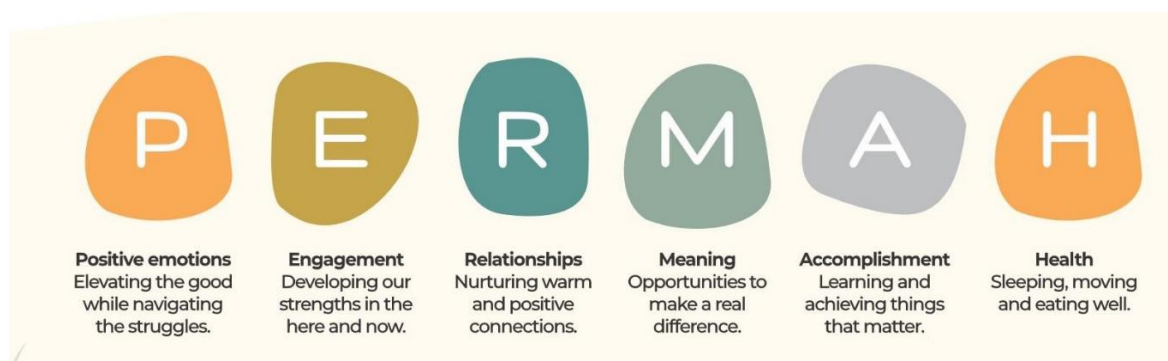
The Break O'Day Community Wellbeing Pilot Project supports people to get involved, take action, and build wellbeing in their local community. At the heart of the project the training for the **Certificate in Creating Wellbeing** cultivates community champions to sow the seeds for wellbeing action.

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.

About the Training

The Break O'Day Certificate in Creating Wellbeing uses the globally acclaimed work of **Michelle McQuaid** and **The Wellbeing Lab** team. You will have access to their library of quality learning materials and receive a certificate from The Wellbeing Lab on completion of your training.

The Certificate in Creating Wellbeing is a Positive Psychology approach to wellbeing that explains wellbeing through six pillars: Positive Emotions (P), Engagement (E), Relationships (R), Meaning (M), Accomplishment (A), and Health (H).



Over 15 weeks you will:

- Learn about positive psychology, the impact this can have on you, your friends and family, and your community.
- Learn how and why to measure wellbeing.
- Explore the PERMAH framework's six pillars and learn a new language of wellbeing.
- Apply wellbeing language, tools and strategies to enhance the wellbeing of yourself and those around you.
- Develop lifelong skills to be a wellbeing champion.
- Design and implement a wellbeing project of your choice (as an individual or in groups) to enhance wellbeing based on the strengths you see in your community.

What you do

- ✓ Get access to your online wellbeing content library that is yours to keep. Find the science of wellbeing broken into bite-size bits, you can watch, read or listen to anywhere. You can set your own pace to explore the world of wellbeing.
- ✓ Attend five ½ day face-to-face sessions. Explore the science of wellbeing together with everyone in the program and really get to know and support each other. You are not alone. Mentors who completed the certificate last year will be there to help you.
- ✓ Take part in eight 1 ½ hour online Zoom classes to share and learn together. Share what is working well for you and how you are applying your new knowledge. Sessions are recorded, so you can refer back to them at any time.
- ✓ Complete six 'Pay It Forward' wellbeing challenges. Reap the rewards of the training and put 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 or group, or your community to thrive.
- ✓ Receive support, from trainers, mentors and each other to help make your learning journey easier and more joyful.
- ✓ Be awarded a Certificate. Once you have completed the six wellbeing challenges and participated in at least 70% of the face-to-face and online sessions, you earn your certificate from The Wellbeing Lab.

How you do it

FIVE	Face-to-face ½ day sessions on Saturdays. TOTAL 20 hours.
EIGHT	Online 1 ½ hour sessions. Share and learn from each other. TOTAL 12 hours.
Weekly	Self-directed learning of online content and completion of wellbeing challenges. Approximately 40 hours (approx. 3 hours per week - varies).

The training runs from 9 July to 22 October. In October, a two-week break in learning gives you time to participate in the Break O'Day Festival of Wellbeing.

Wellbeing Challenges

You will complete **SIX Challenges**:

1. Take the **PERMAH Survey** for yourself three times – this will give you a starting point, a mid-point and an exit point, for you to reflect on what and how your wellbeing has changed. Reflect on your results once with the group.
2. Create a **Tiny Habit** of your choice based on your wellbeing wishes. You will track your progress during the training, and we hope continue after. Reflect on your experience using a Learning Loop.
3. Complete a **Character Strengths Survey** – reflect on your results and learn ways to strength spot in others as well as yourself.
4. **Debrief PERMAH survey** for someone else – Help a friend or family member measure their wellbeing and explore their results. Reflect on your experience using a Learning Loop.
5. **PERMAH Presentation** – Share information on what have learnt about one of the PERMAH pillars that is meaningful to you.
6. **Community Impact Project** – Put into practice what you are learning and share a story of your project's progress with the group.

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

You demonstrate that you have completed the challenges by submitting your Learning Loops and Stories, or sharing what you are learning with our wellbeing training group in the online sessions.

Attending a minimum of 70% of the sessions, both face-to-face and online, and completing all challenges to the best of your ability, will ensure your success in the training.

Personal Challenge ONE	Personal Challenge TWO	Personal Challenge THREE
Take PERMAH Survey THREE times Week 1, Week 9 & Week 13.	Create a Tiny Habit Week 3.	Character Strengths Survey Week 6.
Community Challenge ONE	Community Challenge TWO	Community Challenge THREE
Support someone to take PERMAH Survey Week 4.	Deliver a PERMAH Presentation During the online sessions.	Community Impact Project Share your story at the Showcase in Week 13.

More about the Community Impact Projects

Your third and final Pay It Forward wellbeing challenge is your Community Impact Project. You can work on your own or in a group.

You will use your local knowledge of community, and tools and approaches that you learn in the training to help you design your project. We can help connect you to community ideas.

You do not need to complete, or even begin implementing your project, before the end of the course, but you must have a plan ready to action and the intent to bring your project to life. Seed funding is available to help you cultivate your project.

Participants from last year's training, together with this year's training team, are available to mentor you as you develop your Community Impact Project.

Festival of Wellbeing

To help you connect with more people and share what you are learning we hope you can get involved in the Festival of Wellbeing too. This year is going to be amazing!

The inaugural Festival of Wellbeing in 2021 was designed and delivered by local people in the training. Now you can help create this year's Festival!

Get involved in the Festival in whatever way works for you. You might invite people to take part in your Community Impact Project, or even perform your Community Impact Project at the Festival too.

Entry requirements

Complete and submit your Expression of Interest by the due date. Places are limited.

We know you have skills and experience in caring for your wellbeing, and supporting the wellbeing of those around you. In the training, you will build on your strengths and learn new approaches. You need to be ready to apply what you already know, and what you are learning, in your community, for your community.

Your success and enjoyment of the training will be best if you:

- Have sound reading and writing skills.
- Are prepared to participate openly and generously in a group setting.
- Have internet access with a camera and microphone (e.g. phone or computer) and can participate in online group sessions (e.g. Zoom) and work in an online portal.
- Are ready to move beyond your own wellbeing to support wellbeing in others.

NOTE: This is not a self-development course. We start with a focus on the self to help you learn new ways of thinking that you will use in your community-focused actions. The tools and approaches you experiment with will stretch you and might be a bit uncomfortable at times. This should not make you feel overwhelmed. However, if at any time you need support, we will guide you to access the most appropriate support service for you.

To express your interest or for more information

Contact wellbeing@bodc.tas.gov.au or call Break O'Day Council on 03 6376 7900.

Visit www.bodc.tas.gov.au/community/health-and-wellbeing/ for your application form.

Visit www.communitiesofwellbeingbreakoday.info

Visit www.michellemcquaid.com/

Training – Key Events and Activities

JUNE		Getting started – Access online portal and discussion board. Register and log in. Sign Participant Agreement. Read Training Overview OPTIONAL: Explore PERMAH – Listen to clips and podcasts. Read playbooks. Available on online portal.				
JULY						
WELCOME SESSION Sat 9 July 9am-1pm FACE-TO-FACE	LEARNING TOGETHER Wed 13 July 7 - 8:30pm ONLINE	PERSONAL CHALLENGE ONE (Part A) Take PERMAH Survey IN YOUR OWN TIME	LEARNING TOGETHER Wed 20 July 7 - 8:30pm ONLINE	DEEP DIVE ONE Sat 30 July 9am-1pm FACE-TO-FACE	PERSONAL CHALLENGE TWO Create a Tiny Habit IN YOUR OWN TIME	
AUGUST						
LEARNING TOGETHER Wed 3 August 7 - 8:30pm ONLINE – includes below	COMMUNITY CHALLENGE ONE Support someone to take the PERMAH Survey IN YOUR OWN TIME	LEARNING TOGETHER Wed 10 August 7 - 8:30pm ONLINE – includes below	DEEP DIVE TWO Sat 20 August 9am-1pm FACE-TO-FACE	PERSONAL CHALLENGE THREE Take VIA Character Strengths Survey IN YOUR OWN TIME	LEARNING TOGETHER Wed 24 August 7 - 8:30pm ONLINE – includes below	LEARNING TOGETHER Wed 31 August 7 - 8:30pm ONLINE – includes below
COMMUNITY CHALLENGE TWO PERMAH Presentations on Health ONLINE		COMMUNITY CHALLENGE TWO PERMAH Presentations on Relationships ONLINE			COMMUNITY CHALLENGE TWO PERMAH Presentations on Engagement ONLINE	COMMUNITY CHALLENGE TWO PERMAH Presentations on Positive Emotions ONLINE
SEPTEMBER						
DEEP DIVE THREE Sat 10 September 9am-1pm FACE-TO-FACE	PERSONAL CHALLENGE ONE (Part B) Retake PERMAH Survey for self for 2nd time IN YOUR OWN TIME	LEARNING TOGETHER Wed 14 September 7 - 8:30pm ONLINE – includes below	LEARNING TOGETHER Wed 21 September 7 - 8:30pm ONLINE – includes below	A detailed calendar and weekly schedule are available when your enrolment is confirmed. Before we meet on Saturday 9 July you will have access to the online content throughout June to explore the science of wellbeing at your own pace.		
		COMMUNITY CHALLENGE TWO PERMAH Presentations on Accomplishment ONLINE	COMMUNITY CHALLENGE TWO PERMAH Presentations on Meaning ONLINE			
OCTOBER						
FESTIVAL OF WELLBEING First week in October	SHOWCASE & CELEBRATION Sat 22 October 1pm-4:30pm FACE-TO-FACE	COMMUNITY CHALLENGE THREE Community Impact Project Story SHARE at SHOWCASE	PERSONAL CHALLENGE ONE (Part C) Retake PERMAH Survey for self for 3rd time IN YOUR OWN TIME			

