



## Certificate in Creating Wellbeing EXPRESSION OF INTEREST

Expressions of Interest are NOW OPEN for the 2022 training in the **Certificate in Creating Wellbeing**. Places are limited. Please submit your application using this form and send to Break O'Day Council [wellbeing@bodc.tas.gov.au](mailto:wellbeing@bodc.tas.gov.au) by **11pm Sunday 29 May 2022**. Contact Leah Page at Council on 03 6376 7900 if you have any questions.

The training runs from 9 July to 22 October, including five Saturday face-to-face sessions (4 hrs each, total 20 hrs) and eight online group sessions (90 mins each, total 12 hrs). You will also spend about 40 hrs over 15 weeks (about 3 hrs per week) learning about wellbeing concepts, practicing wellbeing actions, and working on a community project.

Please read the **Training Overview** and **Participant Agreement**, and review the **Training Calendar** available on the council website [www.bodc.tas.gov.au/community/health-and-wellbeing/](http://www.bodc.tas.gov.au/community/health-and-wellbeing/) before you apply.

Please keep your answers brief.

### Please tell us a little bit about yourself.

Name:

Age:

- 18-29     30-39     40-49     50-59     60-69     70-79  
 80-89     90+    You must be over 18 years of age.

Township:

Phone:

Email:

Something you proudly do in the community (this may be your job or another role/activity):

You can fill this out using the 'Fill and Sign' feature in Adobe reader.  
Please answer the questions over the page too.

Break O'Day Community Wellbeing Project – Certificate in Creating Wellbeing Expression of Interest 2022

What do you hope to gain from a Certificate in Creating Wellbeing? (150 words or less).

Describe a time when you have seen your community at its best. Big or small. What was working well? What good things or strengths did you notice? (200 words or less).

Tell us a wellbeing hope you hold for your community. What might be different, or what is possible? (200 words or less)

As part of your training, you will develop a small project to nurture wellbeing in your community. Do you have a project idea or a group that you would like to work with? (200 words or less). We know your ideas will change along the way.

Return to Council Office or submit to [wellbeing@bodc.tas.gov.au](mailto:wellbeing@bodc.tas.gov.au) by 11pm Sun 29 May 2022. Contact Leah Page at Break O'Day Council on 03 6376 7900 if you have questions. Places are limited. Successful applicants will be notified in the 1<sup>st</sup> week of June 2022.