



WELLBEING PROJECT

WELLBEING CERTIFICATE

It's for everyone and it's FREE

Wellbeing is a journey not a destination.

A wellbeing program that helps us recognise our best so we can create more of it together.

Safe and supported group sessions for 8 weeks.

Grow your confidence to do good things in the community you love. Take action about things you care about.

JOIN NOW! Visit www.wellbeingaction.org or contact Break O'Day Council at wellbeing@bodc.tas.gov.au 6376 7900

PROGRAM
OVERVIEW
2024



TASMANIAN
COMMUNITY FUND
INVESTING IN AND STRENGTHENING
TASMANIAN COMMUNITIES



Break O'Day
COUNCIL

Supporting Partner
THEWELLBEINGLAB



What is it all about?

It's for everyone and it's FREE.

CONNECT + SHARE

You will be supported in a small group.

We ensure everyone feels welcomed, seen and valued so you can be ready to learn with an open heart.

FUN + POSITIVE LEARNING

You will learn new ways to create wellbeing using positivity and strengths.

Discover tools, resources and support to create more wellbeing in your life and community.

PRACTICE + PLAY

You complete simple tasks that make it easy to practice what you are learning and exercise your wellbeing muscles.

LOCAL TRAINERS + MENTORS

We are local trainers and we're keen to make the program work well for you and our community.

We love our community!

CREATE LOCAL IMPACTS FOR YOUR COMMUNITY

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!

DIVE DEEPER

Dive deeper into wellbeing wisdom in our face to face sessions using our evidence-based wellbeing resources and tools.



What you do

NEARLY TINY TASKS

Over the next 8 weeks you will complete SIX very small tasks. They will help you feel good and practice what you are learning.

1. Make your own **Positivity Collection**. Share something about this experience with the group.
2. Do a **Character Strengths Activity**. Reflect on what you discover with the group and learn ways to spot strengths in others as well as yourself.
3. Design an **Action** you will take in your community to elevate wellbeing for others.. Using our templates to guide you.
4. Create a **List of Contacts** of people who can help you bring your action idea to life.
5. Find and **Take a Tiny Step** towards putting your Action idea into action..
6. Share a **Progress Story**. Share a story with the group of your progress to create and take action in community or your learning journey.

Task ONE	Task TWO	Task THREE
Positivity Collection	Spotting Strengths	Design an Action
Task FOUR	Task FIVE	Task SIX
Find your Followers	Take a Tiny Step	Share a Story

There are no formal assessments, marks or grades. You are not in competition with anyone to 'pass' and receive your Certificate. You complete your tasks by sharing what you did with your group.

You will also be given an action plan booklet to help you plan a **simple community action** to create or grow wellbeing for others. You will begin to put your plan into action with lots of support and encouragement. Do this as a group, in small teams, or on your own.

How it connects to Community

YOUR COMMUNITY WELLBEING ACTION

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 Certificate to help you design your wellbeing action. We can help connect you to community ideas.

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

Local people from past Certificates and this year's training team, are keen to mentor you as you develop your community wellbeing actions.



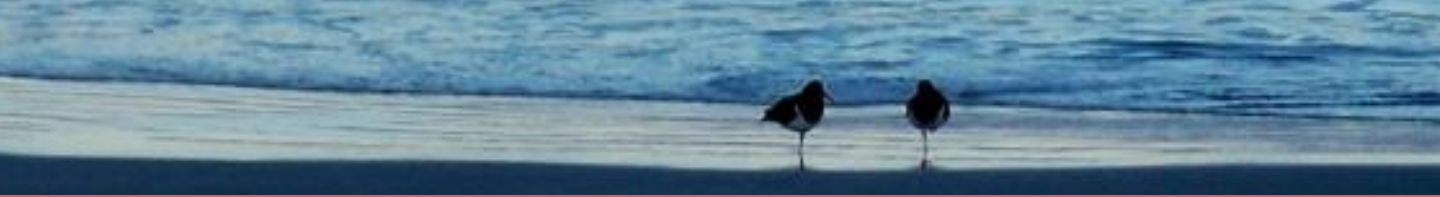
How it connects to Community

This is just a snapshot...

Create your own action or build on those that have come before.



www.wellbeingaction.org



How it connects to Community

FESTIVAL OF WELLBEING – THURS 10 OCT

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. In 2022 and 2023 we did it again and Council will make this an annual event.

Get involved in the Festival in whatever way works for you. You might invite people to take part in your wellbeing actions, or even showcase them at the Festival too.

Find out more at www.wellbeingaction.org

APPRECIATIVE INQUIRY SUMMIT – FRI 11 OCT

After three years of wellbeing actions and activities we are ready to use what we are learning and doing to invite everyone in our community to be part of a conversation about being well together.

We will host a day to bring people together to reflect on what we know what we love and what we want more of. We will strive to find ways to make it possible for everyone to be involved in different ways before and after the day.

WELLBEING IN BREAK O'DAY FACEBOOK GROUP

This is a great place to share fabulous things with the Break O'Day community.

If you use Facebook, please join in. This is an open group and anyone can share wellbeing ideas, activities and wise words here.

<https://www.facebook.com/groups/wellbeinginbreakoday>



Meet the Trainers

Leah Page – Break O’Day Council

I’m the Mental Health and Wellbeing Coordinator at Break O’Day Council. I live in Scamander and I moved from Hobart for love.

I am a mother and a keen supporter of those around me. I am intensely curious about the world and love to learn. I love discovering things about nature, about myself and about those I share this earth with. I am always seeking to do things that are good for people and our planet.

When I am not working at my computer, which I am A LOT, you might find me in my garden, at the beach, in someone else’s garden (hopefully with their permission), spending time with family, enjoying some live music somewhere or sharing a cuppa and a chat about the place.

I was a Marine Biologist in the late 90's... I can tell you lots about jellyfish eyeballs if you are interested :)





Meet the Trainers

Michele Reading

Hello, I'm Michele. In 2018, I settled in St Helens with my family and pets, drawn by the allure of family ties, the ocean, and the natural world.

As I navigate the transition towards retirement, I reflect on a career dedicated to empowering and guiding individuals and teams within large organisations. Now, I channel my passion into pursuits that energize and fulfill me.



Living by the principle of “Give more than you take,” I am currently embracing a phase of personal growth. I'm excited to discover more about each of you as we progress through this program and beyond.

+ Local Mentors

Local people who have participated in the wellbeing project in some way and are keen to stay involved. You might already know them.

We will make sure we let you know who they are before we all spend time together. We look forward to introducing you.



Getting Started

BEFORE THE FIRST DAY

1. Read through this Introduction.
2. Lock the dates and times in your Calendar.
3. Relax, and get ready to enjoy, have fun. You are about to try some new things with some kind people.

ON THE DAY

1. Dress for comfort and warmth.
2. Bring a drink bottle if you can.
3. Bring anything else you need to help you relax into the space.
4. We will give you a workbook, we call it a playbook, and things to write with.
5. We will have tea/coffee and juice available.
6. We will feed you yummy, healthy food.

GETTING HELP

We will keep in touch with you regularly but you can email or call us anytime too and we will do our best to help.

Leah on Leah.page@bodc.tas.gov.au 0439 826 491

Michele on michelereading@hotmail.com 0400 652 949.

WHERE TO FIND THINGS ONLINE – OPTIONAL

Wellbeing in Break O'Day website www.wellbeingaction.org

Find some of the best wellbeing tools tips and resources including things that local people have created here in Break O'Day.

Anyone can access and it looks great on your phone. This means you can share things with your family and friends as you move through the program.

Session Summary

WEEK	THEME	SESSION ACTIVITIES	ACTION PLANNING	TINY TASK @ HOME	RESOURCES
WEEK 1	WELCOME + INTRODUCTIONS	Making friends What does wellbeing mean to us? Creating a safe space together	Giving voice to our community action hopes or ideas	Task ONE – Positivity Collection	<ul style="list-style-type: none"> Participant Playbook Community Action Planner PERMAH Library Wellbeing Wheel Commitment Template
WEEK 2	THINKING WELL - PART ONE	Positive Psychology What works Well – What are we Learning? Mindfulness	Flipping problems to possibilities Setting our intentions	Task TWO – See Strengths	<ul style="list-style-type: none"> Participant Playbook Community Action Planner
WEEK 3	THINKING WELL - PART TWO	Strengths Spotting Gratitude What is community? Communities at their best	Connecting strengths to our ideas	Task THREE – Design an Action	<ul style="list-style-type: none"> Participant Playbook Community Action Planner
BREAK for 1 WEEK					
WEEK 4	DOING WELL - PART ONE	Self-Kindness + Kindness Connection + Belonging Give Feedback about program	Who are the people in your neighbourhood?	Task FOUR – Find your Followers	<ul style="list-style-type: none"> Feedback survey Participant Playbook Community Action Planner Wellbeing Wheel
WEEK 5	DOING WELL - PART TWO	Getting things done Tiny is mighty Good Conversations	Planning our steps and taking the first one	Task FIVE – Take a Tiny Step	<ul style="list-style-type: none"> Participant Playbook Community Action Planner
BREAK for 1 WEEK					
WEEK 6	BEING WELL - PART ONE	Nature will Nurture Making Meaning Story Telling	Asking others + supporting each other	Task SIX – Share a Story	<ul style="list-style-type: none"> Participant Playbook Community Action Planner Story template
WEEK 7	BEING WELL - PART TWO	Making actions smaller Permission for change Self-care Managing expectations	Get ready to start – smallest steps	Continue with Task SIX	<ul style="list-style-type: none"> Participant Playbook Permission slip
WEEK 8	SHOWCASE + CELEBRATION	Review what we did Sharing Stories Certificates Celebration	Sharing Feedback and supporting each other to keep going	Share your Story from Task SIX	<ul style="list-style-type: none"> Story template Wellbeing Wheel