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| **Embodying mental health and wellbeing: A fun, experiential learning process** |
| **Objectives**This workshop aims to enhance participant’s understanding of mental health and wellbeing research, policy and practice. This could help health promotion practitioners in a personal sense and inform health promotion initiatives with a range of populations. Key models that will be explored include the Wheel of Wellbeing, the Mental Wellbeing Impact Assessment, and the Experiential Learning Theory of High Level Wellness.**Format**This workshop will incorporate several learning modalities, including a presentation, positive psychology activities, group sharing and individual reflection. Participatory leadership processes will also be modelled, including elements of circle way.**Learning goals**1. Learn about mental health and wellbeing research, policy and practice, including the need to complement top-down disease prevention strategies with bottom-up wellness promotion approaches.
2. Experience a range of fun, evidence-based wellbeing activities.
3. Try a number of participatory leadership practices, including elements of circle way (e.g., checking in and checking out with talking pieces).
4. Reflect on personal and professional practice.
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