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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. |