

# Wheel of Well-being

## Share a Skill

An activity from Denise Svane (WoW Practitioner, Townsville)



### Overview

With a friend, family member or colleague, find something you are good at or know a lot about and teach it to each other. Have fun learning and connecting at the same time!

### Instructions

1. Find a partner and pair up together.
2. Challenge each other to think about something that you are really good at or know a lot about.
3. Take it in turns to share your skill or knowledge and teach the other person.
4. Share back what you have learned, either to your workmates or other family members or friends.



Photo by [Christina @ wocintechchat.com](#) on [Unsplash](#)

### Why do this?

Research indicates that adult learning has positive effects on our wellbeing, life satisfaction, optimism and sense of achievement and success <sup>(1)</sup>. It's also like a workout for our brain, helping to keep it active and grow new neural pathways as we age <sup>(2)</sup>. And learning with others means that we can enjoy all the benefits of connecting as well! <sup>(3)</sup>

### Sources:

- (1) Feinstein L, Vorhaus J, Sabates R (2008) Learning through life challenge report (London: Foresight Mental Capital and Wellbeing Project, 2008) p20, and Feinstein L and Hammond C (2004) 'The contribution of adult learning to health and social capital' Oxford Review of Education 30: 199-221
- (2) Learning through life challenge report (London: Foresight Mental Capital and Wellbeing Project, 2008)
- (3) Holt-Lunstad.J, Smith.T, Layton.B (2010) Social Relationships and Mortality Risk: A Meta-analytic Review, PLoS medicine, Volume 7, Issue 7



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