



### WOW Intensive - what is it?

The WOW Intensive is an 8-session wellbeing training adapted by Implemental from the DIY Happiness Course. It is generally run over 4 days - 2 blocks of 2 days. People wishing to be verified as WoW practitioner are required to attend fifth training day.

### Background to the Wheel of Wellbeing and DIY Happiness

Over the past fifteen years, there has been a growing field of research that combines aspects of psychology, health and economics that is exploring what makes us happy – and what kind of things that we can do to improve our well-being.

It has been partly fuelled by the rapid pace of social, environmental and technological change - and partly fuelled by a growing recognition that money isn't buying us as much happiness as we had thought it would.

The DIY Happiness course was designed in 2008 as part of the Big Lottery funded Well London programme by the Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust. The aim was to create a space where people could explore some of these themes and together develop a better understanding of how to live happier lives and build a more sustainable future for us all.

As the 8-session DIY Happiness initiative evolved, the “wheel of well-being” (WoW) was designed as a framework to explore the component parts of happy lives from the perspectives of body, mind, spirit, people, place and planet. Each of the 8 sessions explores a theme from the wheel of well-being and combines practical and theoretical learning activities. Each session builds on the previous so participants get a deeper understanding and anchoring of key concepts. The



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sessions are all linked to free downloadable resources available at [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org)

Over the last decade the WoW resources have continued to evolve and develop and are being used in many countries around the world. This manual is one part of suite of materials available to people wishing to learn more about wellbeing for themselves, their families, workplaces and communities.

### ‘In a nutshell’ – the Wheel of Wellbeing

The Wheel of Well-being (WoW) is a flexible and creative framework for health promotion that consists of a series of colour-coded icons that represent six universal aspects of well-being: *body, mind, spirit, people, place and planet*. The WOW approach is the centre-piece of a range of well-being initiatives including DIY Happiness, and [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org). The website features a range of free web-based tools and resources designed to encourage innovative new approaches to improving well-being at three distinct levels: individual, group/team and strategic/organisational level.



### Verification

This course is not a recognized accredited qualification however if people wish to be verified to run WoW activities, they are required to attend an additional day’s training in the one day WoW workshop. Participants then deliver the workshop, as part of a small team, observed by a WOW Advanced Trainer. On successful completion of the training delivery and a written learning log, participants are verified as a WoW practitioner and provided with 12 months’ electronic access to a range of WoW resources and access to the WoW community of practice.



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### Summary of WOW Intensive Process

**WOW Intensive Training (usually 4 days delivered in 2 blocks of 2 days each, with a break of 2- 4 weeks in between)**

- attendance and active participation during both training blocks
- up to 2-4 hours home learning (to include reading and watching videos)

### WoW Verification Process

- active participation in a full day planning session on how to run a One-Day WOW Workshop (approximately 2 -3 months after the second WOW Intensive session)
- co-facilitating with a small team a WOW One-Day Workshop, 9.30 am – 4 pm (generally within 2-3 months of the WOW planning day)
- completion of a Learning Log

### How we support you

- mentoring/support from Implemental for the 12-month period following WOW verification
- access to online resources and One-Day WOW facilitator notes
- membership of a WOW Community of Practice

**Explore how WOW is being used in Queensland at**

<https://www.qmhc.qld.gov.au/awareness-promotion/mental-health-wellbeing-initiatives/capacity-building>



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### Course Content

#### Session 1: An introduction to the science of happiness and wellbeing



- The background to WoW
- Positive emotions
- Positive emotions and health
- What contributes to happiness

#### Session 2: Body: Be Active



- The causes of stress
- The SNS and PNS nervous system
- The impact of stress on body and mind
- How to manage stress

#### Session 3: Mind: Keep Learning



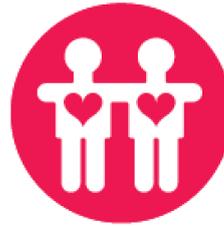
- The brain gut connection
- Food and mood
- Flow

#### Session 4: Spirit: Give



- The health benefits of gratitude
- The heart brain connection
- Gratitude activities

#### Session 5: People: Connect



- Social connections and health
- Social capital
- How we connect

#### Session 6: Place: Take Notice



- Mindfulness and meditation
- Benefits of mindfulness
- Place and wellbeing

#### Session 7: Planet: Care



- The blue zones
- Happy planet index

#### Session 8: Theory into Practice



- Behaviour change
- Applying WoW
- Planning



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