



CQ Rural Health & The Central Highlands Mental Health and Wellbeing Hub is calling for Expressions of Interest to undertake

DIY Happiness Training in Biloela (Civic Centre)

Training is over 2 blocks - Friday & Saturday 26 & 27 July and Friday & Saturday 2 & 3 August, 2019.

An interactive & fun program to flourish & live happier & healthier lives

- **Explore** key concepts of positive psychology & how you can use them everyday
- **Learn** about the Wheel of Wellbeing framework (WoW for short)
- **Discover** the simple everyday things you can do to help yourself flourish
- **Try out** some practical tools aimed at helping you be happier & healthier
- **Experiment** by sharing ideas and learning with others

The DIY Happiness training is a four day program (delivered over 2 blocks) designed by Maudsley International and supported by the Queensland Mental Health Commission. It gives participants an understanding of the concepts underpinning good mental health and wellbeing, a grounding in the WoW framework, and introduces simple tools that can be used to help people improve mental health and wellbeing. There is also opportunity to progress through verification to become a Well-being Practitioner.

The Wheel of Wellbeing

WoW is changing lives in many Queensland communities. Learn more about the six universal themes and their role in better mental health and wellbeing.

Body Mind Spirit People Place Planet

Apply now to secure your place in the 2019
DIY Happiness training program.

For further information please contact Angie Horchner at CQ Rural Health on 49921040

To register please email angie.horchner@cqrdgp.com.au NB: Please note dietary requirements when booking

Registrations close 4.30pm on Wednesday 17 July, 2019.





What you will learn about through the program:

- The science of good mental health – the importance of good social connections, coping with stress and more
- Wheel of Wellbeing – the six universal themes that contribute to good mental health
- Places WoW is being used – from inner city to rural and remote success stories
- Practical tools – the everyday practices that lead to improved wellbeing
- Experimenting for yourself – by sharing ideas and learning from others
- Bringing WoW to your community – how you can apply WoW for yourself, your community or in your workplace

The Wheel of Wellbeing (WoW) was developed by Maudsley International to promote good mental health and mental wellbeing. WoW draws on evidence developed by the New Economics Foundation as part of the Foresight project on Mental Capital and Wellbeing 2008. WoW is a simple and flexible framework for understanding and promoting positive mental health and wellbeing through six universal themes: Body, Mind, Spirit, People, Place and Planet. Better understanding of its themes contributes to healthier, happier, more meaningful and productive lives and ultimately more flourishing communities.

Since its introduction in 2008, WoW has grown to include a series of workshops, including half and full day introductory workshops, an eight session Do It Yourself Happiness course and online and other practical resources.

WoW is easily incorporated and used in a variety of ways beyond the workshop format, and has been adapted for use in creative ways around the world by many community minded organisations. It is increasingly being adapted through local government, schools and universities, libraries and beyond. For more on the Wheel of Wellbeing visit www.wheelofwellbeing.org, or to view more on ways WoW is being used in Queensland go to <https://vimeo.com/263096123>

Registrations close 4.30pm on Wednesday 26 June, 2019.

For further information please contact Angie Horchner, CQ Rural Health 49921040

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