



An Introduction to the Universal Well-being Evaluation Tool (UWET)

The Universal Well-being Evaluation Tool (UWET) is underpinned by the Universal Well-being Model (UWM) and was developed through a programme of themed literature review, theoretical and applied practice research that commenced in 2008. The UWET consists of 6 dimension sub scales of questions related to the 70 social, physical, intellectual, cultural, emotional & spiritual determinants of well-being included in the Universal Well-being Model (UWM).

The UWET is designed to accelerate identification of 70 key evidence-based variables that may support, not impact or harm the holistic well-being of youth, adult individuals, families, whānau and teams. Professional Well-being Facilitators administer the UWET when conducting Well-being Checks. Responses to questions are recorded via a 5-point Likert Scale, then analysed and reported according to pre-set criteria. The UWET outcomes determine supports going forward.

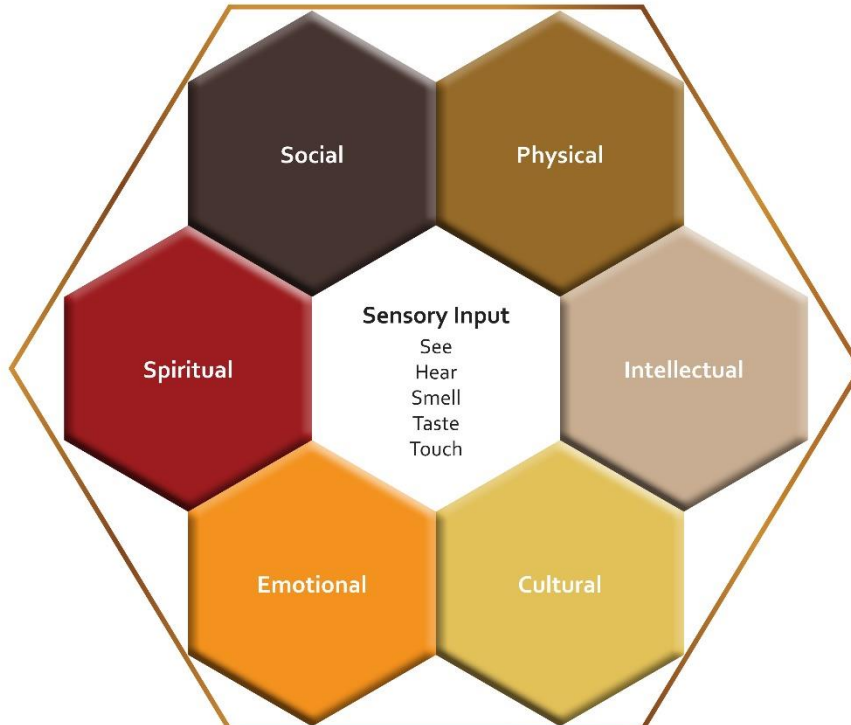
Universal Well-being Evaluation Tool (UWET) Structure

**Social
Variables**

**Physical
Variables**

**Spiritual
Variables**

**Intellectual
Variables**



**Emotional
Variables**

**Cultural
Variables**

(Stevenson, Gurung, & Zagala, 2022)

Key features of the Universal Well-being Model (UWM) considered during UWET Reporting

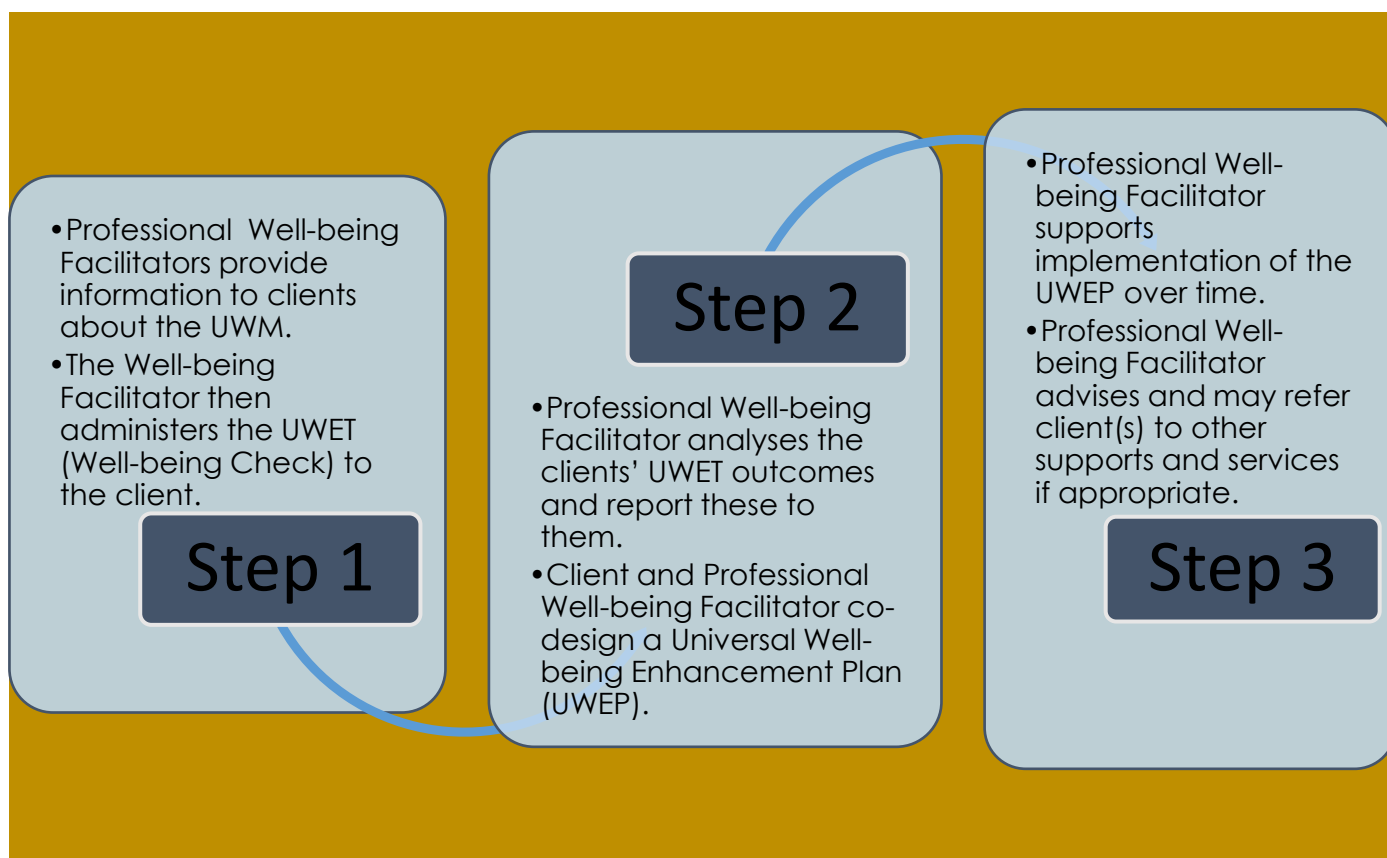
- it is holistic, and supports outcomes greater than the sum of its parts
- it is integrated, all dimensions in the model are all interlinked and interdependent
- all dimensions are of equal importance and balanced development of all is supported
- it is responsive to individual differences i.e. ethnicity, cultural, belief and gender
- it is designed to empower, appreciate and support well-being enhancements

An Introduction to the Universal Well-being Enhancement Planning (UWEP)

Post administration of the UWET most people elect to be supported to co-create a Universal Well-being Enhancement Plan (UWEP) with their facilitator. A UWEP identifies aspects of holistic well-being that are well supported, those that are neutral and those where there are challenges and where they may contribute to harm to holistic well-being.

Strategies, supports and actions are recorded on the UWEP that will maintain well supported well-being variables, recognise the neutral variables and address variables harming well-being. Professional Well-being Facilitators may monitor UWEPs and educate, facilitate, risk manage, advise, and refer as needed. The objective of the UWEP is to accelerate and support the systematic enhancement of a youth, person, family, whānau or team's well-being over time.

The UWET and UWEP Administration Process



The client(s) can elect or not to undertake the Universal Well-being Enhancement Planning and ongoing monitoring and education, facilitated, risk management, advice or referral sessions depending on their individual, family, whānau or team well-being needs in diverse educational, community, iwi and workplace settings.

For more Information Email: admin@nzcdi.ac.nz