



NEW ZEALAND
CURRICULUM DESIGN INSTITUTE

Te Wānanga Hoahoa Mātauranga Aotearoa

PROFESSIONAL --- SERVICES

Universal Wellbeing



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ABOUT US

The New Zealand Curriculum Design Institute – Te Wānanga Hoahoa Matauranga Aotearoa (NZCDI) was founded in 2006 to research, design, and support implementation, quality, and evaluation of transformative and culturally responsive, and evidence-based learning experiences.

The vision of NZCDI is to empower people by optimising and accelerating learning.

Since 2006 NZCDI has conducted an extensive, and multi-phase programme of research on wellbeing and provided consulting and professional Wellbeing Facilitation services to educational, health, community, not for profit and business organisations.

NZCDI's staff have in this time also enjoyed the benefits of two national Ako Aotearoa Best Practice Research Awards; these have supported them to trial and refine the Universal Wellbeing Model (UWM) published in 2022.

Supporting NZCDI's Wellbeing Education is the following philosophy

Quality learning is supported by:

A coherent philosophy that is theoretically logical, underpinned by research evidence, culturally relevant, inclusive, experiential, and interactive, progressive, authentic, and holistic plus valid in practice, and enjoyable and valuable from a learner's perspective.



Te Wānanga Hoahoa Matauranga Aotearoa

Supporting NZCDI's Research is the following philosophy

NZCDI believe quality research is:

Philosophically aware and open, underpinned by theory or supportive of its development, informed by past research evidence while seeking new knowledge, ethnically and culturally respectful, valid in practice and cognizant of practice findings, significant, robust, critical, ethical, and disseminated to those who can benefit from it in an accurate, accessible, and honest manner.

What is unique about our wellbeing education and research programmes?

1. Our focus on proactively supporting health and wellbeing through wellbeing literacy, evaluation, facilitation, coaching, advice, risk management and referrals
2. NZCDI uses transformative wellbeing education to empower and support permanent behaviour changes that support wellbeing.
3. Our programmes empower and support schools, kura, and organisations to establish their own best value and customised wellbeing enhancement systems.
4. Our level of expertise and experience in enhancing wellbeing.

I. OUR WELLBEING SERVICES



NZCDI provides the following services to wellbeing services to diverse education, health, community, not for profit, community, and business organisations:

1. Organisational wellbeing system architecture
2. Wellbeing capability developing programmes, and accreditations
3. Wellbeing literacy workshops
4. Wellbeing evaluation, enhancement planning, monitoring, and coaching
5. Wellbeing Quality management and assurance systems
6. Wellbeing consultations, reviews & audits
7. Wellbeing governance level leadership and culture change supports
8. Wellbeing supporting operational systems, and processes
9. Wellbeing Coordinator, Facilitator, Coaching and Leadership staffing
10. Wellbeing professional learning and development
11. Wellbeing continuous improvement programmes
12. Wellbeing research and evaluations

All NZCDI Wellbeing Services are:

- **Evidence-Based**
- **Culturally Responsive**
- **Customised**
- **Effective in the real world**
- **Value for investment**



2. THE UNIVERSAL WELLBEING MODEL

The Universal Wellbeing Model emerged and was one of the key outcome of a 14-year programme of research and applied practice conducted by NZCDI.

The Universal Wellbeing Model (UWM) (Stevenson, 2022) was developed through a programme of themed literature review, theoretical, and applied practice research that commenced in 2006.

For our Universal Wellbeing Research and Resources go to:

<https://www.nzcdi.ac.nz/wellbeing-research>



The Model is comprised of 4 components:

1. Sensory Inputs, that are received through our senses and internal, and external interactions with others, items, and our environment.
2. Dimensions, sensory inputs are processed, ascribed meaning and lead to learning related to the 6 dimensions in the model: the Social, Physical, Intellectual, Cultural, Emotional and Spiritual.
3. Variables, a total of 70 evidence-based variables found to influence and determine human wellbeing are then organised under the above dimensions.
4. Principles, 5 principles guide and support interpretations and wellbeing practice underpinned by the UWM.

Note: The dimensions noted are designed to support wellbeing literacy and to date have not been distinguished on cognitive or other grounds.

Key features of the Universal Wellbeing Model (UWM) are:

- 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 wellbeing enhancements

3. UNIVERSAL WELLBEING CHECKS

Would you like to thrive rather than just survive?

Many people are finding they are not quite feeling their best these days. Our Personal Wellbeing Check can evaluate the 70 key factors that could be impacting your wellbeing. Call or email for an appointment and one of our professional wellbeing facilitators will guide you through a Universal Wellbeing Check.

After your first appointment your facilitator will take you through your Personal Universal Wellbeing Check Report, this will help you identify what is going well and where you may be facing wellbeing challenges and changes could help.

A Wellbeing Check includes:

1. Universal Wellbeing Literacy Support
2. A Personal Universal Wellbeing Check
3. Provision of a Personal Universal Wellbeing Report



Investment: \$350 Inc. GST (Personal Wellbeing Check)

Inquire for Group and Organisational Investment Information.

Wellbeing Check Options

You can have your Universal Wellbeing Check and report back face to face, online, or by telephone.

Duration:

A Personal Universal Wellbeing Check takes 90-120 minutes

A Personal Universal Wellbeing Check Report back takes 60-120 minutes

Inquire for Group and Organisational Check Times

Venue and Timing: For your appointment, call 07 834 0451 or email admin@nzcdi.ac.nz

4. WELLBEING ENHANCEMENT PLANNING AND COACHING

After a Universal Wellbeing Check Report is supplied to clients, they will be offered the opportunity to develop a focused and specific Universal Wellbeing Enhancement Plan and be supported by a Professional Wellbeing Coach to achieve their plan. Wellbeing Enhancement Plans are co-designed with clients to balance, empower, and support motivation to improve specific wellbeing variables or overall wellbeing.

Ongoing Support Options

Developing a Universal Wellbeing Enhancement Plan takes 120 minutes.

Investment: \$350 Inc. GST per person (Personal Universal Enhancement Plan)

Wellbeing Plan achievement support options include: Monitoring, education, risk management, advice, and referrals to support you to achieve your wellbeing aspirations.



5. UNIVERSAL WELLBEING WORKSHOPS

NZCDI provides frequent Universal Wellbeing Model related workshop for those interested in:

- learning more,
- becoming wellbeing literate,
- becoming a Universal Wellbeing school-kura or organisations, or
- becoming and professional Wellbeing Coordinator, Facilitator, Coach or Leader.



Universal Wellbeing Model Overview and Introduction Workshop (1 Day)

This workshop

- Overviews the traditional and applied research from which the Universal Wellbeing Model emerged,
- Examines the three components that make up the Universal Wellbeing Model,
- Identifies ongoing development opportunities for individuals, groups, and organisations.
- Provides practice in applying the model personally or in group or organisational settings

Note: This model is responsive to diverse ethnic and cultural needs and viewpoints.

This workshop is designed to support evidence-based wellbeing literacy, and to introduce the range of the ways the Universal Wellbeing Model can be applied and practiced in the real world.

Facilitators: Workshops are facilitated by experienced professional wellbeing facilitators, consultants, and researchers.

Includes: Workshop and Resource

Investment: \$500 Inc. GST per person

- 10% discount off the total fee for 2 or
- 15% discount off the total fee for 3 or more participants from your organisation.

Duration: One day workshop face to face or via interactive online, 9am to 4pm or as contracted.

Venue and Timing: This workshop is regularly offered, inquire for the next offer, can schedule to fit your needs.

Inquire for more Universal Wellbeing Workshop Options to admin@nzcdi.ac.nz or to enrol.

6. WHOLE OF SCHOOL UNIVERSAL WELLBEING PROGRAMME

The New Zealand Ministry of Education states positive wellbeing is a precursor to achievement and equity. Now you can engage your whole community and take the 5 steps and workshops to become a positive universal wellbeing model supporting school-kura TODAY.

Foundation Level Step 1 - Staff undertake Universal Wellbeing Model PLD Workshop

Step 2 - Appoint & train Universal Wellbeing Coordinator(s) to conduct student wellbeing needs analysis, plan and coordinate services

Step 3 - Consult, educate and engage the wider school - kura community

Step 4 - Implement the Whole of School Universal Wellbeing Programme with students, staff and Community

Step 5 - Evaluate & continuously improve Whole of School Universal Wellbeing Programme

Benefits of Whole of School Universal Wellbeing programme include:

- Reduction in absenteeism & early withdrawals
- Increased students, staff & community levels of engagement
- Increase in achievement & productivity levels
- Creation of a reciprocally caring & empathetic community
- Increased satisfaction with your school-kura environment
- Improved individual & collective; staff, student & community wellbeing
- Creation of evidence-based & continuously improving wellbeing support system

Email admin@nzcdi.ac.nz or call 07 834 0451 or 027 3869296 for more information.

Step 2

Professional Wellbeing Education & Accreditation Programme Options

The New Zealand Curriculum Design Institute (NZCDI) & FREEDOM Wellbeing Institute (FWI) provides the following research-based professional universal wellbeing model based professional programmes and accreditations.



*These programmes include Professional Wellbeing Facilitator Accreditation Requirements

Graduates will be offered the opportunity to be:

- be listed on our website
- supported with research-based facilitation materials
- supported with wellbeing resources they can give to their clients
- invited to annual and ongoing professional development events
- re-accredited annually
- engaged in ethical and approved research projects

7. UNIVERSAL WELLBEING ORGANISATIONS

Positive wellbeing is a precursor to achievement, productivity, and equity.

Now you can engage and take the 5 steps included in the 'Whole of Organisation Universal Wellbeing Programme'.

Steps to becoming a Universal Wellbeing Model Organisation



Benefits of the Whole of Universal Wellbeing Programme include:

- Reduction in absenteeism & sick leave
- Increased staff & community engagement
- Increase in achievement & productivity levels
- Creation of a reciprocal, caring & empathetic community
- Increased satisfaction with your organisational environment
- Improved individual & collective; staff, & community wellbeing
- Creation of evidence-based & continuously improving wellbeing support system

Level Step 2

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8. WELLBEING PROGRAMMES AND ACCREDITATIONS

Professional Wellbeing Programmes

The following programmes provide opportunities to develop evidence-based wellbeing understandings and professional level expertise.

See: The New Zealand Curriculum Design Institute programme options at:

<https://www.nzcdi.ac.nz/wellbeing-programmes>

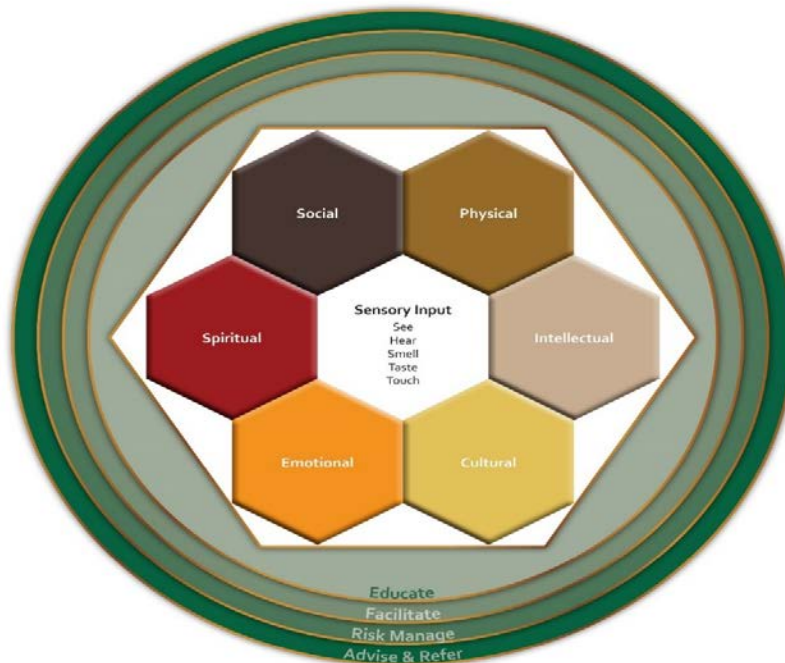
See: FREEDOM Wellbeing programme options at:

<https://www.freedom-ihe.ac.nz/professional-universal-wellbeing-education-accreditation-programmes-1>

9. WELLBEING PROFESSIONAL SUPPORTS

NZCDI support wellbeing professionals with:

Universal Wellbeing Practitioner Guidelines.



- Universal Wellbeing Workshops
- Supervision
- A Community of Practice
- Resources and
- Conferences
- Opportunities to engage in research

All wellbeing programmes are

- evidence-based
- ethnically and culturally responsive
- highly effective to attend an online information session about these programmes

NZCDI Wellbeing Services include

- Co-design and collaborative planning,
- Clients briefing NZCDI on their needs and context,
- Customisation of workshops and programmes,
- Transformative new learning experiences,
- Before and after evaluations,
- Evidence-based content and materials
- Holistic Universal Wellbeing Support.
- Materials and Resources
- Research Publications

To TRANSFORM your wellbeing contact us

admin@nzcdi.ac.nz

07 834 0451

027 3869296

Level 1, 610 Victoria Street, CBD, Hamilton



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