

Certificate in Universal Wellbeing (60 Hours)



Programme Aim

This programme introduces and develops understandings of the Universal Wellbeing Model (UWM) and the sensory inputs, dimensions, variables, and principles it is composed of. Material covered supports personal and/or family wellbeing developments, changes, and growth. Programme requires the keeping of a Reflective Journal.

Programme Content

Graduates of this public programme will be able to develop their personal wellbeing through the research-based understandings they gain of the Universal Wellbeing Model. This programme will also support them to contribute to universal wellbeing outcomes of their family and in a diverse range of settings.

Programme Content

During this programme understandings of the Universal wellbeing Model (UWM), 5 sensory inputs, 6 dimensions, 70 variables that influence universal wellbeing and the 5 principles that support and guide the implementation of the UWM are examined. You will also have an opportunity to have your own personal universal wellbeing status evaluated.

Entry Criteria

Entry to this programme is open to those who can demonstrate a strong interest in personal and/or family wellbeing development or support for the wellbeing of others. All applicants complete and submit an enrollment form and may be interviewed before their place is confirmed in this programme.

Annual Programme Start Dates

Programme start dates: February, April, July, and October of each year or as organised.

Programme Delivery

This programme may be delivered face to face or through interactive online sessions. It includes 2 hours a week for 12 weeks or four x 6 hours days. Options are discussed with enrolees.

Summary of Modules

Code	Course	Facilitated Hours	Homework Time Estimate
CUW 1	Social Wellbeing Dimension	6	6 to 12 hours
CUW 2	Physical Wellbeing Dimension	6	6 to 12 hours
CUW 3	Intellectual Wellbeing Dimension	6	6 to 12 hours
CUW 4	Cultural Wellbeing Dimension	6	6 to 12 hours
CUW 5	Emotional Wellbeing Dimension	6	6 to 12 hours
CUW 6	Spiritual Wellbeing Dimension	6	6 to 12 hours

Note: Homework and activities will be assigned after each session to support learning.

Learning Approach

Highly interactive educational facilitation, multiple intelligences, experiential and reflection processes will be employed in this programme.

Assessment Approach

Achievement-based assessment methodology will be applied in this programme to support high levels of success and quality.

Employment Pathways

Work in a diverse range of wellbeing settings such as Pastoral Care, Health Promotion or Holistic Organisational Wellbeing Coordinators, Managers or Champions.

Investment

1 Module \$200 per module
6 Modules \$1,000 for the whole programme

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