



## Wellbeing Check (Family, Whānau & Team)

### Would your family, whānau or team like to collectively improve your wellbeing?

Our Wellbeing Check (based on the Universal Wellbeing Model) can check on up to 70 factors that could be impacting your collective wellbeing. Call or email for an appointment and one of our professional wellbeing facilitators can guide your family, whānau or team Wellbeing Check. After your appointment your facilitator will take you through your custom Wellbeing Check Report. Your Wellbeing Check Report will empower your family, whānau or team to identify what is going well and where you may be facing wellbeing challenges.

### A Wellbeing Check includes

1. Guidance through a Wellbeing Check
2. Review of your custom Wellbeing Check Report with your facilitator
3. Development of your own custom Wellbeing Enhancement Plan (Optional)

### Options

You can have your Wellbeing Check Face to face, online, or by Telephone

### Duration:

A Collective Wellbeing Check takes 6 hours  
Wellbeing Check Report back 2 hours  
A Wellbeing Enhancement Planning session 6 to 12 hours

### Venue and Timing:

Wellbeing Checks are delivered by appointment. Call 07 8430451 or email [admin@nzcdi.ac.nz](mailto:admin@nzcdi.ac.nz) for your appointment today

### Investment:

- \$350 Inc GST per person (Wellbeing Check)
  - \$350 Inc GST per person (Enhancement Plan)
- Enquire for discounted group rates  
Note: Wellbeing Enhancement Plans are co-designed with you.



Website:  
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