



Personal Wellbeing Check

Would you like to feel better?

Many people are finding they are not quite feeling their best these days. Our Wellbeing Check (based on the Universal Wellbeing Model) can check on up to 70 factors that could be impacting your wellbeing. Call or email for an appointment and one of our professional wellbeing facilitators will guide you through your Wellbeing Check.

After your appointment your facilitator will take you through your custom Wellbeing Check Report. Your Wellbeing Check Report 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. 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 Wellbeing Check takes 90 minutes
Wellbeing Check Report back 60 minutes
A Wellbeing Enhancement Planning session 120 minutes

Venue and Timing:

Wellbeing Checks are delivered by appointment. Call 07 8430451 or email admin@nzcdi.ac.nz for your appointment today

Investment:

- \$350 Inc GST per person (Wellbeing Check)
- \$350 Inc GST per person (Enhancement Plan)

Note: Wellbeing Enhancement Plans are co-designed with you.



Website:
www.nzcdi.ac.nz

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