

Hauora | Wellbeing

What is it?

Based on the latest research and evidence, and designed specifically for Aotearoa, this programme supports educators to develop collective wellbeing in their learning communities.

To deliver this unique professional learning opportunity, CORE has partnered with the New Zealand Institute of Wellbeing and Resilience (NZIWR).

Our accredited facilitators have been through additional intensive training and are now also accredited by NZIWR and available to work with you.

Who is it for?

Suitable for all learning communities, including early learning services, kura, schools and Kāhui Ako - for educators, ākonga and whānau.

How is it delivered?

This mahi is delivered by CORE's accredited facilitators. It uses a blended delivery approach (face-to-face and online), customised with you to optimise time, commitment and content. The programme is delivered via a mix of:



How much time is involved?

Approximately 60 facilitated hours, in a year-long professional learning development bundle. Content is delivered over four terms.

This wellbeing programme is suitable for funding via regionally-allocated PLD* (we can assist with applications). It can also be delivered directly to learning communities. We can help you work through what would work best for you.

**funding only available to early learning services through a Kāhui Ako application*

Programme content includes:

- The case for wellbeing in education: the what, why and how of building collective wellbeing in learning communities
- Practical strategies to protect and promote wellbeing with your whānau
- Ākonga voice around wellbeing
- 3 x Navigating Wellbeing Change sessions
- NZIWR's Wellbeing Benchmark Survey
- 3 x Mentoring sessions
- 3 x Planning sessions
- 2 x Wellbeing webinars
- An annual progress review

What next?

Ngaire Shepherd-Wills, Professional Learning Manager, can answer any queries you may have, support you with how you and your educational community could engage in this wellbeing work, and help you take the next steps.

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