



Transform Workplace Wellbeing: Achieve measurable improvements in wellbeing, productivity, and achievements



The FREEDOM Wellbeing Institute uses the transformative Universal Wellbeing Model (UWM) and the Confidential Universal Wellbeing Evaluation Tool (UWET), developed from 15 years of wellbeing research supported by two national Best Practice Research Awards.

The UWET is the most comprehensive measure of universal wellbeing available and can accurately identify the status of the 70 social, physical, intellectual, cultural, ethnic, emotional, and spiritual dimension variables that determine Universal Wellbeing while identifying areas of strength and poor wellbeing risks.

Confidential UWET Reports, analysed by accredited UWET Facilitators, support individuals and organisations in optimise their universal wellbeing.

Research-based
Universal Wellbeing
Model (UWM)

Universal Wellbeing
Evaluation Tool (UWET)
+ Organisational Data
Summaries

Whole of Organisation
Universal Wellbeing
System

Capability
Development in
Universal Wellbeing
Literacy,
Coordination,
Facilitation,
Coaching &
Leadership

**FREEDOM Wellbeing
Institute**

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ABOUT US

Established in 2013, the FREEDOM Wellbeing Institute is the exclusive provider of research-based services and capability programmes underpinned by the Universal Wellbeing Model(UWM). All our staff are qualified, experienced, and actively engaged in research.

The Institute lives its vision through provision of the Universal Wellbeing Model (UWM)based

1. Universal Wellbeing Evaluation Tool(UWET),
2. Whole of Organisation Data Summaries,
3. Whole of Organisation Universal Wellbeing Systems,
4. Staff Capability Building programmes and
5. Professional Development via a Community of Practice, Webinars, Workshops, Resources, and an Annual Conference.



The research-based Universal Wellbeing Model (UWM) is comprised of four components, 5 Sensory Inputs, 6 Dimensions, 70 Variables, and 5 Principles. This model underpins all the Institute's services and programmes.



1. UNIVERSAL WELLBEING EVALUATION TOOL (UWET)

The UWET is a comprehensive measurement of universal wellbeing, accurately identifying the status of 70 variables, strengths, harms, and risks, supporting development of caring communities and Universal Wellbeing Literacy.

A Confidential Universal Wellbeing Evaluation includes:

UWM Information, Confidential UWET, and Analysed Individual UWET Report

Duration: Evaluation 30 to 60 minutes
UWET Report Back: 1 to 2 weeks later, 30 minutes

Email Contactus@freedom-ihe.ac.nz to order.

Pay, receive code, take the UWET, receive your Confidential UWET Report



BENEFITS OF UWET:

- Accurately identifies the status of 70 wellbeing variables
- Identifies strengths and areas for improvement
- Foster development of caring communities
- Precisely targets areas for support
- Empower individuals to transform their wellbeing
- Identifies potential risks and enables support and intervention

Also available: Executive Universal Wellbeing Evaluation Package which includes:

UWM Information, Confidential UWET, Analysed Individual UWET Report, Enhancement Plan plus two Coaching or Monitoring Sessions

Duration: Five, 30 to 60 minute sessions
Also available: Monitoring, education, risk management, advice, and referrals to support you to achieve your wellbeing aspirations also available.

The UWET can also be facilitated to family groups or workplace teams on request or given via a Gift Voucher

The UWET is research-based and comprehensive.

2. WHOLE OF ORGANISATION UWET DATA SUMMARY

Organisations whose staff do UWETs can order whole of organisation UWET Data Summaries.

BENEFITS OF AN ANONYMISED WHOLE OF ORGANISATION UWET DATA SUMMARY

- Provides cross-organisational wellbeing information
- Identifies trends in the 70 wellbeing variables
- Supports evidence-based decision making
- Underpins culture changes, and continuous improvements
- Identifies areas for support and intervention
- Develops a proactive poor wellbeing prevention system



An Anonymised whole of Organisation Data Summary Report includes:

Analysed Whole of Organisation UWET Data Summary Report with Recommendations

Can be provided: 1 to 2 Weeks post last staff member UWET administration
UWET Report Back: 30 to 60 minutes

Email Contactus@freedom-ihe.ac.nz to order your Anonymised Whole of Organisation Data Summary Report

3. WHOLE OF ORGANISATION UNIVERSAL WELLBEING SYSTEMS

Positive Universal Wellbeing is a precursor to participation, achievement, productivity, and equity. Engage your whole organisation in a fit for purpose co-designed workplace wellbeing system.

Steps to implement a Whole of Organisation Universal Wellbeing System

Step 1 - All staff undertake Whole of Organisation Universal Wellbeing Model Workshop

Step 2 - Organisation appoints & implements Coordinator, Facilitator, Coach and/or Leadership capability education

Step 3 - Universal Wellbeing Stakeholder, Experts and Clinical Support Network established

Step 4 - Co-design Universal Wellbeing quality assurance & continuous improvement policies and processes

Step 5 - Implement best value and sustainable Whole of Organisation Universal Wellbeing System

Benefits of the Universal Wellbeing Model System include:

- Increases staff engagement and productivity
- Reduces absenteeism and creates a caring environment
- Improves workplace satisfaction and staff wellbeing
- Supports evidence-based wellbeing support system

Provided: Upon request and to your timing

Email Contactus@freedom-ihe.ac.nz for an organisation specific quote for this service



4. STAFF CAPABILITY BUILDING PROGRAMMES

Professional Wellbeing Education & Accreditation Programme Options

FREEDOM provides the following research and health education based professional programmes and accreditations to support Universal Wellbeing in the workplace.



*Include accreditations that empower graduates to access and use FWI supports & resources



Benefits of the capability education are:

- Develops internal capacity for supporting wellbeing
- Ensures expertise at different organisational levels
- Provides access to ongoing wellbeing resources
- Reduces reliance on external services

Email Contactus@freedom-ihe.ac.nz for programme brochures and Enrollment Form

See <https://www.freedom-ihe.ac.nz/professional-wellbeing-accreditation-programs>

5. PROFESSIONAL DEVELOPMENT

The Freedom Wellbeing Institute provides the following Professional Development and Accreditation maintenance services annually:

A) COMMUNITY OF PRACTICE

Are you interested in joining a facilitated, safe, and confidential community of practice?

Join our monthly interactive online Community of Practice sessions running from July 2024. These 60 to 90 minute sessions are designed for Pastoral care and Universal Wellbeing practitioners. Here, you'll have the opportunity to discuss your practice, share challenges, successes, ethical dilemmas, resources, ideas, and boundaries, all the while maintaining confidentiality. Communities of practice focus on sharing best practices and advancing professional knowledge in a safe and supportive environment. Regular interactions are key to the success of this community, ensuring confidentiality and meaningful engagement. Sessions will be facilitated by an experienced Universal Wellbeing Facilitator who will work with participants to co-design sessions.

B) WEBINARS & WORKSHOPS

FWI offers webinars and workshops on topics such as the Universal Wellbeing Model Implementation, Universal Wellbeing Evaluation Tool, and Whole of Organisation Universal Wellbeing System development. These sessions are available upon request. FWI also offers annual workshops to support accredited Coordinators, Facilitators, Coaches, and Leaders in staying current in their practice.

C) ANNUAL UNIVERSAL WELLBEING CONFERENCE

Join us for our annual Universal Wellbeing Conference, held in the third week of November each year. For Information and Registration/Enrollment Forms see:

<https://www.freedom-ihe.ac.nz/professional-development-accreditation-currency-programmes> or Email: Contactus@freedom-ihe.ac.nz



D) RESOURCES

FWI provides FREE resources and learning opportunities at:

<https://www.freedom-ihe.ac.nz/free-resources>

Resources requiring investment are notified to participants, and graduates, and in/of our programmes and clients.

See also at: <https://www.freedom-ihe.ac.nz/professional-wellbeing-resources>

CONTRACTING SERVICES AND APPLYING FOR PROGRAMMES

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NEW ZEALAND
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