

January 2023

### GREAT NEWS FOR WELLBEING PROFESSIONALS

Are you thinking of becoming an accredited Professional Wellbeing Facilitator?

Keen to expand your health, fitness, counselling, life coaching, mental or physical health services to others?

Want to support the holistic wellbeing of others and use an evidence-based approach?

Do you want to support people to...Stay well, thrive and live their best life?

FREEDOM provides the following professional wellbeing programmes & accreditations.

Certificate in Universal Wellbeing

Certificate in Wellbeing Coordination

Certificate in Wellbeing Facilitation \*

Certificate in Wellbeing Management \*

Certificate in Wellbeing Leadership \*

\*These programmes include Professional Wellbeing Facilitator Accreditation Requirements

**The FREEDOM Wellbeing Institute professional programme and accreditation achievers graduates will be offered the opportunity to be:**

- be listed on our website
- supported with research-based facilitation materials
- supported with wellbeing resources they can give to their clients
- invited to annual and ongoing professional development events
- re-accredited annually
- engaged in ethical and approved research projects

To inquire [contactus@freedom-ihe.ac.nz](mailto:contactus@freedom-ihe.ac.nz) or call 07 8340451 or 027 3869296

## Professional Education Programmes Starting in February 2023

### Certificate in Wellbeing Coordination

#### Programme Aim

This programme is for those working in wellbeing support roles, it develops understandings of the Universal Wellbeing Model, and professional conduct standards and boundaries, Professional Wellbeing Facilitator Guidelines, planning, implementation and evaluation of universal wellbeing in diverse settings.

Requires application of material facilitated to self and others in a chosen context overtime.

#### Programme Outcome

Graduates of this professional programme will be prepared to work in a diverse range of settings as professional Wellbeing Coordinator or Practitioner.

#### Entry Criteria

Entry to this programme is open to those who can demonstrate a strong interest in working in professional wellbeing related roles. All applicants will complete an application form and may be interviewed before their place may be confirmed on this programme.

### Certificate in Wellbeing Facilitation

#### Programme Aim

This programme supports the development of professional facilitation communication skills and the core knowledge required to implement, interpret and report outcomes of the Universal Wellbeing Evaluation Tool. Peer review, safe and ethical practices are examined.

Requires application of material facilitated to others and groups in a chosen context overtime.

*\*Accreditation Requirements for: Professional Wellbeing Facilitator*

(Facilitation & Reporting of Universal Wellbeing Evaluation Tool Outcomes).

#### Programme Outcome

Graduates of this professional programme will be prepared to facilitate professional Wellbeing evaluations and report these to diverse people.

#### Entry Criteria

Entry to this programme is open to those who can demonstrate a strong interest in working in professional wellbeing evaluation, reporting facilitation related roles. All applicants will complete an application form and will be interviewed before their place may be confirmed on this programme.

### Personal Universal Wellbeing Checks

#### Would you like to thrive rather than just survive?

Many people are finding they are not quite feeling their best these days. Our Personal Wellbeing Check can evaluate the 70 key factors that could be impacting your wellbeing. Call or email for an appointment and one of our professional wellbeing facilitators will guide you through a Universal Wellbeing Check.

After your first appointment your facilitator will take you through your Personal Universal Wellbeing Check Report, this 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. Universal Wellbeing Literacy Support
2. A Personal Universal Wellbeing Check
3. Provision of a Personal Universal Wellbeing Report

## 2023 Professional Development

### Providing Effective Holistic & Culturally Responsive Wellbeing Services Workshop

12th May 2023

This workshop supports those working in wellbeing services to provide professional level holistic and culturally responsive wellbeing services to their clients and students. It is suitable for those experienced and new to wellbeing support. In this workshop you will be introduced to and experience the highly effective and evidence based 'Universal Wellbeing Model' plus others. You will have the opportunity to self-assess, plan and practice to improve the holistic health and wellbeing practices you use.

Provided by



Designed by



## 2023 Annual Wellbeing Conference

# 2023 NEW ZEALAND WELLBEING CONFERENCE PUTTING → PEOPLE → FIRST

18<sup>th</sup> and 19<sup>th</sup> May 2023

610 Victoria Street Hamilton, New Zealand

Commences 10 AM on Day one

*Empowering*

*Support People, Coordinators, Facilitators & Leaders*

### Contact Us

Client Services Manager- Maya Gurung

Email [contactus@freedom-ihe.ac.nz](mailto:contactus@freedom-ihe.ac.nz) or

Call 07 834 0451 or 027 3869296 for Information, to Enrol or Register

