Mental wellbeing is deeply connected to wider wellbeing in our society. We need to embed this understanding in everything we do – within our mental health and addiction system, our wider health and social system, and at every level of society.

He Ara Oranga – Mental Health and Addiction Inquiry

Why Mental Wellbeing

Mental wellbeing is not the mere absence of mental illness. It is the capacity to feel, think, and act in ways that enhance our ability to enjoy life and respond to the challenges we face. It is a positive sense of emotional, physical and spiritual wellbeing that respects the importance of culture, diversity, equity, social justice and personal dignity. It forms the basis on which individuals, whānau, hapū and iwi and communities are able to thrive.

Mental wellbeing is a holistic approach which is congruent with most indigenous and non-western cultures’ understanding of health and wellbeing. It is aligned to people’s aspiration of wellbeing for themselves and their whānau. For those living with a mental illness, wellbeing is a cornerstone of the recovery model.

Informed by social, cultural and environmental determinants, adopting a wellbeing framework facilitates better engagement with non-health agencies, such as local government who can incorporate wellbeing outcomes in their policy development and programme delivery.

Feedback from workshop participants

“Barry’s ability to translate research findings into everyday language means I have a much clearer understanding of the principles of wellbeing and how to apply it to my work”

Community Worker

“Your passion for mental wellbeing made this a thoroughly stimulating workshop”

Health Promoter

“I now have an understanding of the role of local government in promoting wellbeing and how to apply mental wellbeing outcomes to our Community Plan”

Council Policy Officer

“Barry’s understanding of various cultural models of wellbeing meant I felt included and my culture respected”

Pacific Island Community Leader

“Really appreciated the sociological analysis and your understanding of the impact of inequality, marginalisation and discrimination on people’s wellbeing”

Social Justice Advocate

“A holistic approach to wellbeing which included the spiritual dimension”

Church Minister

“Most helpful workshop I have attended in a very long time”

Programme Facilitator, Mental Health Recovery Service

The Government believes that wellbeing belongs at the heart of policymaking - 2019 Budget Statement

COURSE FACILITATOR: BARRY TAYLOR

An opportunity for a day of learning with award winning wellbeing practitioner, Barry Taylor

Barry has proven leadership over 30 years at local, national and international levels in using community initiatives and strength-based approaches to improve individual and community wellbeing and the prevention of suicide. With extensive experience in the development, implementation and evaluation of programmes at the local and national level, especially creating collaborative partnerships to promote wellbeing.

In 2016 he was awarded the NSW Mental Health Commissioner’s Community Champion Award in recognition of his outstanding contribution to mental wellbeing promotion and suicide prevention.

As a Health Sociologist and Public Health practitioner, Barry has a long-term interest in the social and cultural determinants of wellbeing, especially the role of gender and he brings a wealth of knowledge and passion for the promoting wellbeing in men.

After a number of years overseas, Barry returned to New Zealand in 2017 both passionate and enthused to make a contribution to promoting wellbeing in this country.
Workshop Description

Well individuals contribute to well whānau, schools and workplaces, communities, economies and society

This two day workshop provides a comprehensive overview of the theory and the practice of promoting mental wellbeing. Drawing on over thirty years of working in mental wellbeing, Barry will give a critical analysis of the determinants of mental wellbeing. He will share his learnings from designing and implementing programmes including the pitfalls and solutions to the common problems in implementing such programmes. He will also present his proven collaborative partnerships model which has been now applied in numerous settings and populations.

Topics covered
- Theoretical foundations of mental wellbeing
- Social and cultural determinants of mental wellbeing
- Ecological model of wellbeing - the role of place and environment
- Mental wellbeing and climate change
- Mental wellbeing indicators and outcomes
- Population vs settings approaches to mental wellbeing
- Mental wellbeing programme design, implementation and evaluation
- Overview of Mental Wellbeing Impact Assessment Tool
- Collaborative partnerships for wellbeing - whole of community approach
- Application of mental wellbeing principles to broader health promotion strategies

Registration Fee
Earlybird: * $495 + GST
Full: $600 + GST

Registration Fee includes workshop notes, morning and afternoon teas and lunch.
* Earlybird registration closes 7 May

Register on through Eventbrite
https://www.eventbrite.co.nz/e/action-for-wellbeing-the-theory-practice-of-promoting-mental-wellbeing-auckland-registration-54159009054

WORKSHOP PLACES ARE LIMITED - REGISTER EARLY TO AVOID DISAPPOINTMENT

Date: Wednesday 5 & Thursday 6 June 2019
Time: 9:00am - 4:30pm
Venue: Novotel Auckland Ellerslie
72 - 112 Green Lane East
Ellerslie
Auckland

For further information contact
Barry Taylor
Principal Consultant
Office: 04 905 6145
Mobile: 022 470 1852
Email: barry@taylormadetrainingconsulting.com
Website: www.taylormadetrainingconsulting.com