

The +Wellbeing Dojo

Plus Wellbeing: Making life really really better

A training adventure in wellbeing and resilience

We got tired of traditional e-learning courses - if you read or watch something, you'll have learned something. It's a passive (and boring) way of learning, not to mention overwhelming. So we built a beautifully interactive place to train in wellbeing and resilience. As Kolb puts things: "Learning is the process whereby knowledge is created through the transformation of experience" (Kolb, 1984, p. 38).



The journey

We create wellbeing science digital tools



November 2015

Heart of Wellbeing founded to make a dent in wellbeing

April 2016

New H&S legislation disrupts external environment

June 2016

Impact data showing motivation lifted motivation by 8.0/10

December 2016

Creation of Plus Wellbeing behaviour change app



Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec Jan Feb Mar Apr May Jun

March 2016

Creation of the Plus Wellbeing e-Learning tool solution to low engagement

September 2016

Impact data showing My Personal Best lifted wellbeing by 20%

May 2017

New interactive tech platforms



7 guiding principles

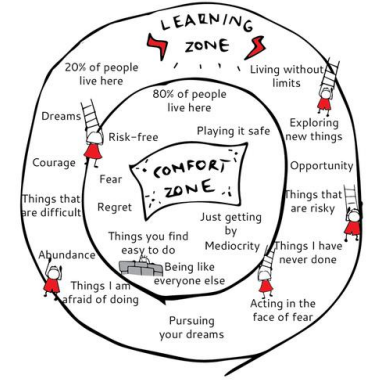
Life is busy and complicated. People are time-poor and want to extract maximum value, quickly:

1. Skill building.
2. Fun.
3. The long game.
4. Learn, Try, Do.
5. Me, We, Us.
6. Learner centered design.
7. Science baby!



We are super different

Our approach is to leverage technology to engage and empower people to increase their wellbeing using light-touch, fun and simple, evidence based e-learning tools, complemented by a behaviour change app.



Our horde:

- Dr Aaron Jarden
- Dr Reuben Rusk
- Dr Anne Messervey
- Dr Denise Quinlan
- Dr Kennedy McLachlan
- Leanna Dey
- Michael Parker
- Siana Braganza



Initial outcomes

- 93% course completions, on course of 62 minutes per week.
- 8.0/10 Average course engagement (0 = Not at all engaged, 10 = Completely engaged).
- 8.2/10 Average course satisfaction (0 = Not at all satisfied, 10 = Completely satisfied).
- 8.7/10 Average needs meet (0 = Did not meet my needs at all, 10 = Completely meet my needs).
- 8.2/10 Improved enjoyment & engagement at work as a result of the course (0 = Not at all improved, 10 = Completely improved).
- 8.0/10 Increased ability to work and live at one's best as a result of this course (0 = Not at all increased, 10 = Completely increased).
- 8.9/10 recommend course to others (0 = Not at all recommend, 10 = Completely recommend)

Results because: our philosophy, wellbeing champs, showcase success, create urgency, buy-in from the top, endorse things officially, create space and time, daily dose of self-care.

The course has been life-changing for me. Seriously.

29 September '16

I love the freedom that this course gives me in choosing when to do the activities. It gives me a great sense of autonomy!

16 September '16

The breathing exercises are great, useful for when you are stuck in the traffic as well! I am looking forward to next week.

9 September '16

