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

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

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

www.thewellbeingdojo.com
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.

www.ourpluswellbeing.com

www.thewellbeingdojo.com

Our horde:
Dr Aaron Jarden
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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.