

Being Well - Doing Good is a movement about caring for self, others, nature and the future.

Guiding principles and collective action empower this advocacy, public awareness and participation approach.

Supporting safe and just places for change

Systems Change Framework (2018)

The Systems Change Framework is a sense-making tool to support individuals and collaborations to become more familiar and capable of working in systems and towards systems change.

Choosing wise / prosocial actions to benefit all

Beneficial Action Theory (2016)

Beneficial Action is prosocially and altruistically motivated behaviour that uses consequential knowledge to increase freedom within the global population.

Regenerating sources of health and wellbeing

Salutogenic Theory (1979)*

Salutogenesis is a medical approach focusing on factors that support human health and wellbeing, rather than focusing on factors that are the cause of disease.

Cultivating cultures of leadership and learning

Benefit Mindset Theory (2017)

A Benefit Mindset builds on a growth mindset, where we not only seek to fulfil our potential, but choose to do it in a way that serves the wellbeing of all.



PLACE - BASED STRATEGIES

21-Day Challenges

Simple acts of everyday leadership repeated, recorded and reflected upon over time creates positive change.

Strength - Based Activities

Understanding character strengths can identify areas to enhance enjoyment, innovation and engagement.

Contemplative Practices

Aligning awareness of self and surrounds assists in managing our attention, emotions and behaviours.

Stepping into the Field of the Future

Purpose and meaning builds by supporting movements from across the ecological, social and spiritual divides.

BEING WELL - DOING GOOD
Elements of Caring: Awareness, Connection, Action and Feedback

www.BeingWellDoingGood.org Project Logic model developed by the Ties for Lives foundation's www.Uwell.org.au Project 2019