

Wave of Wellbeings : Open Awareness | Focus Attention | Awaken Caring

Wave of Wellbeings (WoW) is an action / reflection learning journey to bring about a more desirable natural state of wellbeing. **WoW** takes you out and back around three interconnected hubs (Strengths, Vitality & Meaning) with eight main breaks along the way. **Awareness** and **attention** directs the flow along the wave, hubs and inner sections, while the Action / Reflection tool helps you connect and awaken caring for self, others and nature. **WoW** is like a classic "road trip" where you have a destination and planned route, but also go with a spirit of adventure and willingness to deviate when needed. There's new and exciting places to visit and other travellers to connect with as you check out some tools to help you through the twists and turns. Discover the voice and field of the emerging future that will shed light on the world of potential that tomorrow brings. But most of all it's fun and you'll be part of something that really matters: **Co-creating a youth-led, youth-run solution for improving wellbeing.**

The action of widely spreading and promoting an idea or theory.
Strengths Hub: Knowledge and Skills.
Embody the new, act strategically and measure impact.
Synergise Performance across strengths use, vitality and meaning in life.
Enabler: Collective-Action, Wellbeing Awareness.
Barrier: Structural Power Dynamics

8. Propagation

The aim of a planned and deliberate purpose.
Vitality Hub: Energy
Seeing with Fresh Eyes. Redirecting motivation and context.
Intro Daily Listening Practices. Solidarity Circles. Sensing from the field.
Awaken Caring within me & we, place & planet.
Enabler: Open Heart, Compassion.
Barrier: Voice of Cynicism

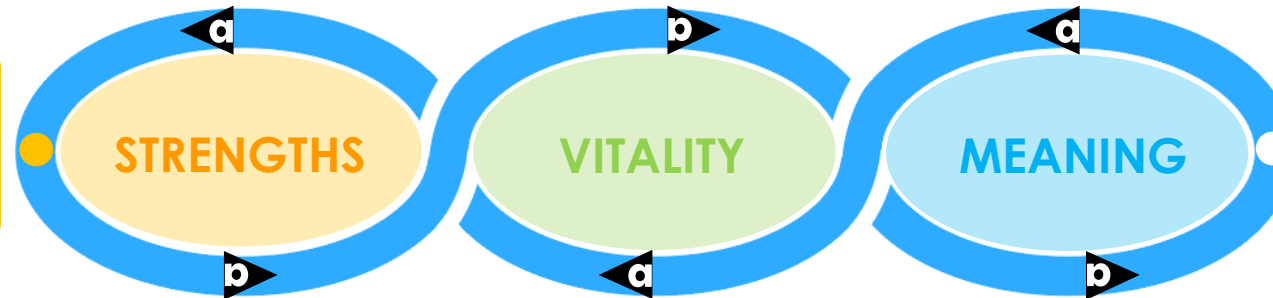
3. Intention

The process in which thoughts and ideas become clear.
Meaning Hub: Values
Systems Change Framework. Start Case Clinic sessions.
Define Values and effective principles to support the collective intent.
Enabler: Open Heart, Compassion.
Barrier: Voice of Cynicism

6. Crystallisation

1. Regeneration

To bring about new and more vigorous life.
Intro Wave of Wellbeing and Action / Reflection tool.
Strengths Hub: Self-Regulation. Awareness / attention
Open Awareness to personal, societal and ecological wellbeing.
Enabler: The Voice of the Emerging Future.
Barrier: Past Patterns / Mental Models



5. Transformation

A clearly noticeable change in form, character or appearance.
Meaning Hub: Mindsets and Values
Letting go and Letting come
Stepping into the Field of the Emerging Future.
Be a work in progress.
Enabler: Open Will, Courage.
Barrier: Voice of Fear

2. Evolution

The gradual development of something.
Strengths Hub: Knowledge and Skills, Wellbeing Literacy.
Systems Change / Systems Thinking.
Focus Attention towards strengths use, vitality and meaning in life.
Enabler: Open Mind, Curiosity.
Barrier: Voice of Judgement

7. Co-creation

A collaborative process where ideas are shared and improved together.
Form a core team.
Iterate, Iterate, Iterate
Explore Prototyping the new by linking head, heart & hand
Enabler: Open Mind, Curiosity.
Barrier: Voice of Judgement

4. Interconnection

A mutual connection between two or more things.
Meaning Hub: Mindsets – To Benefit the Wellbeing of all.
The Five Senses, Bodily sensations, Mind activities and Interconnectedness.
Honour Complexity in action, reflection, learning and adaption.
Enabler: Open Will, Courage.
Barrier: Voice of Fear

