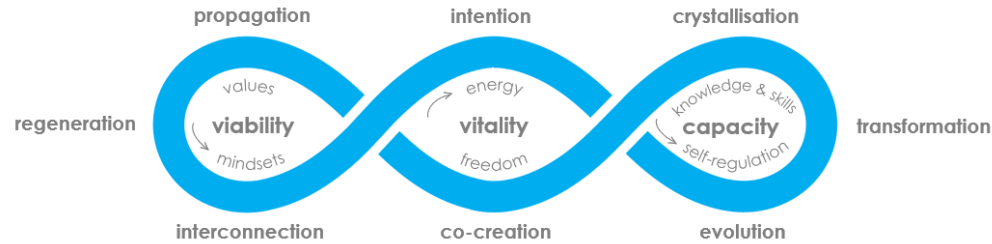


# Wave of Wellbeings

REGENERATING SOURCES OF WELLBEING AND VITALITY FOR ALL

The **Wave of Wellbeings** is a symbol, a practice and an action reflection learning journey to advance a social movement that's about regenerating sources of wellbeing and vitality for all. As a learning journey, participants explore, engage and contribute towards co-creating an actionable wellbeing systems change solution that is the result of a series of group sessions which are guided by effective values, principles, practices and research.



**Viability** is the mindsets and values from which the concept of caring about and for people, place and planet arises. (Caring context and connection) **Vitality** is the potential and kinetic energy, and the individual and group freedom to choose and enact a range of caring behaviours. (Caring intentionality, action and reflection) **Capacity** is the knowledge and skills, and self-regulation (awareness, attention, emotions and behaviours) which contribute to the level of agency and competency for caring action and reflection. (Caring learning and adaption)

A **Benefit Mindset** builds on a growth mindset, when we understand that our abilities can be developed – and we also understand we can transform towards a more caring, inclusive and interdependent perspective. It is called "benefit" mindset because it is concerned with the life-long process of learning how we can be the transformation and realise our unique potential in a way that serves the wellbeing of all.

**Beneficial Action** introduces four effective principles to support wellbeing systems change:

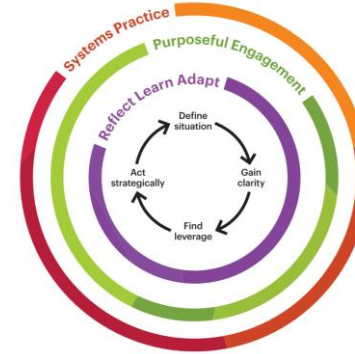
Principle 1. Freedom is the range of behaviour that an organism is able to choose and enact after accounting for genetic and environmental determination.

Principle 2. **Beneficial Action** is prosocially and altruistically motivated behaviour that uses consequential knowledge to increase freedom within the global population.

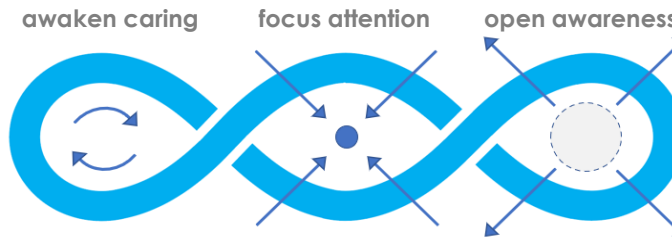
Principle 3. Experiencing (directly or indirectly) the consequences of action is a primary means by which all living organisms learn to restrain their individual freedom to increase freedom at the population level. Systematizing consequentialist knowledge advances freedom in human populations.

Principle 4. Competition, conflict, and violence limit the freedom of all living things. Freedom within the global population will be increased by human populations adopting caring actions that successfully develop social bonds with out-group populations.

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



**Wave of Wellbeings Contemplative Inquiry** is a reflective practice to illuminate three developmental aims: awaken caring about and for people, place and planet; focus attention into collective beneficial action; open awareness towards our highest future possibility.



**Ethics of Care** caring consists of five phases with different responsibilities (Tronto 2013): caring about – recognising a need for care, caring for – taking responsibility to meet that need, care giving – the actual physical work of providing care, care receiving – the evaluation of how well the care met the caring needs and caring with – caring needs to be consistent with democratic commitments to justice, equality and freedom for all.

In people's **Folk Concept of intentionality**, performing an action intentionally requires the presence of five components: a desire for an outcome; beliefs about an action that leads to that outcome; an intention to perform the action; skill to perform the action; and awareness of fulfilling the intention while performing the action.

**Collective Beneficial Action** is emerging patterns of place-based and communities of interest who's collective action is guided by effective values, principles, practices and research, and which focus on potential and systems awareness of the whole: self, others and nature.

**Generalised Transformational Resources** is a characteristic, practice or tool of an individual, group, community or society that is effective in shifting and sustaining improved levels of caring about and for the sources of personal, societal and ecological wellbeing.

The **CCSR Developmental Framework** captures a holistic view of developmental needs and defines success beyond education and employment to include healthy relationships, a meaningful place within a community, and contributing to a larger good. Over time, through developmental experiences, we build four foundational components: knowledge and skills, self-regulation, mindsets and values, which underlie three "key factors" to success.



A **Sense of Coherence** has three components: *Comprehensibility*: a belief that things happen in an orderly and predictable fashion and a sense that you can understand events in your life and reasonably predict what will happen in the future; *Manageability*: a belief that you have the skills or ability, the support, the help, or the resources necessary to take care of things, and that things are manageable and within your control; *Meaningfulness*: a belief that things in life are interesting and a source of satisfaction, that things are really worthwhile and that there is good reason or purpose to care about what happens.





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REGENERATING SOURCES OF WELLBEING AND VITALITY FOR ALL

## Research-Based Influences

REGENERATIVE AND EMERGING SYSTEMS INTERVENTION LEVERAGE POINTS

