Waves of Wellbeings provides a practical sense-making tool and model which enables people to get actively involved in a collaborative process that contributes to shaping and initiating caring actions that are research-informed, relevant to context and benefit self, others, nature and the future.

The Journey - Proactively adapting with our ever-changing worlds

The Shift - Awaken consciousness about Being Well - Doing Good

The Focus - Focused attention into caring for self, others and nature

The Future - Open awareness to our highest future possibility

Our Thriving Wellbeing Ecosystem
Waves of Wellbeings is an action-reflection learning journey that illuminates four big ideas through a youth-led, youth-run – UN Youth delivery approach that supports groups co-creating actionable wellbeing prototypes to benefit self, others, nature and the future.

Waves of Wellbeings is about discovering what and how personal, societal and ecological wellbeing issues impact you, what we care about and how we care for. Together, we’ll uncover character strengths, motivations and ways of knowing to inspire and guide us to the who and why. Who are we being? Why do we do what we do?

The learning journey experience is gained through a series of interactive group sessions which are informed by emerging and effective values, principles, practices and tools drawn from across multiple fields of research.

The learning journey is formed around and within a wave-like symbol which has three central topic zones viability vitality capacity with 6 inner sub-topics, and 8 outside sections. This model supports the semi-structured format of 10 online group and breakout sessions. The Journey starts at the first outside section and regenerates then to interconnection... out and around transformation and then back to propagation.

Waves of Wellbeings illuminates FOUR BIG IDEAS that are linked to symbols that represent our developmental aims: The Journey - Proactively adapting with our ever-changing worlds. The Shift – Awakened consciousness about Being Well - Doing Good. The Focus - Focused attention into caring for self, others and nature. The Future - Open awareness to our highest future possibility.

The Waves of Wellbeings is like a classic “road trip” where you have a destination, a map and a planned route, but also go with a spirit of adventure and willingness to deviate when needed. There are other travellers to connect with while you visit new and exciting places that you explore with handy tools and practices to help you through the twists and turns. Discover the field of the future that sheds light on the potential that each day brings. But most of all, it’s fun and you’ll be part of something that really matters.

Viability Zone: mindsets and values from which the concept of caring about and for self, others and nature arises and endures. (Caring context and interconnectedness. Meaning in Life)

Vitality Zone: comprises of individual and group freedom to choose a range of caring actions and having the belief, desire and will, and the simultaneous positive physical and psychological experience of continuing that caring action. (Caring action, reflection and intentionality. Subjective Vitality)

Capacity Zone: self-regulation, awareness, attention, emotions and behaviours) and the knowledge and skills that contribute to elevated levels of agency and competency for caring action and reflection. (Caring learning and adaptation. Strengths Use)


5. Transformation A noticeable change in form, character or appearance. Capacity Zone: Self-Regulation, Knowledge and Skills Stepping into the Field of the Future. SSC Honour complexity in action, reflection, learning and adaption. Enabler: Connecting to the source and Letting come.

6. Crystallisation The process in which thoughts or ideas become clear. Capacity Zone: Self-regulation, Knowledge and Skills Generalised Elevation Resources. SSC Gain Clarity with a systems-informed view. Enabler: Character strengths.


8. Propagation The action of spreading or promoting an idea or theory. Viability Zone: Mindset and Values Act strategically, engage purposefully. Measure impact. Take baby steps and celebrate small victories.

Our Thriving Wellbeing Ecosystem is a visual representation to support engaging with the interdependent elements that form in vivo around the Waves of Wellbeings. The Ecosystem uses symbols and patterns to help highlight the FOUR BIG IDEAS, and the order, categories and relationships within and around the learning journey.

The Journey, symbol, a wave-like, continuous blue triple loop ribbon [Lemniscate or Pikorua] that symbolizes the synergised eternal emerging paths in life, The Journey which elevates meaning in life, subjective vitality, strengths use and flow. the shape expresses both accuracy and timing, and the innate ebbs and flows, the interwoven, interconnected bonds within and between self, others, and nature. The Journey - Proactively adapting to our ever-changing worlds.

The Shift is represented by a green feedback loop that symbolises our internal and external conditions that influences our daily lives, ME & WE, PLACE & PLANET. The symbol is a prompt to shift towards aligning our mindset and values with our emerging worldviews. A shift towards embracing an adaptive, regenerative and transformative Beneficial Mindset that inspires and guides initiating research-informed Beneficial Actions that elevates the levels of caring for personal, societal and ecological wellbeing.

The Shift – Awaken consciousness about “Being Well - Doing Good”

The Focus represents a subtle shift towards more fully caring and connecting to a deeper sense of knowing within and between the elements of viability, vitality and capacity. A place where letting-go begins and follows the letting-come, seeing with fresh eyes with an open mind, an open heart and an open wil. A place where our best future Self can begin to emerge.

The Focus - Focused attention into caring for self, others and nature.

The Future is represented by the sun which symbolizes the potential of ME & WE, PLACE & PLANET, our learning journey over time. A place where our best future Self aligns with what, why and where life calls us. Elevating our meaning in life, subjective vitality, strengths use and flow. A place of our own flourishing wellbeing ecosystem.

The Future – Open awareness to our highest future possibility
Awareness-Based Collective Action emerging patterns of place-based and community-specific interrelationships and actions that are guided by the five values, principles, practices and research which focus on potential and possibilities of systems, and awareness of the whole.

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 and which is not directly determined by external environmental determinations.

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 of 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 will increase when our population will be increased by human populations adopting caring actions that successfully develop social bonds with out-group populations.

A Beneficial 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 wellbeing process of learning how we can be the transformation and realise our unique potential in a way that serves the wellbeing of all.

Contemplative Practices are any activity that allows you to pause and deepen your connection to your consciousness. Contemplative Practices cultivate a critical first-person focus, sometimes with direct experience as the object, while at other times concentrating on complex ideas or situations. Incorporating contemplative practices as a routine to connect to what we find most meaningful. Contemplative practices are both practical, philosophical, and transformative, developing capacities for deep concentration and quieting the mind in the midst of the action and distraction that fills everyday life.

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 access to a quality environment. Combining developmental experiences, we build four foundational components: knowledge and skills, self-regulation (awareness, attention, emotions and behaviours), mindsets and values, and understanding key factors to success.

Developmental Evaluation is an approach to evaluation, not a specific method or tool, designed to support decision making for innovation. In this case, is about the activities and decisions that allow an organization and its members to create value by design. The design may not turn out as expected or produce surprises, but it is part of an intentional act to create value through new thinking and action.

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 the need you observe, creative 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.

Five Pillars of the Mind explores how aligning instruction with the brain's natural design might just be the key to improving learning outcomes. New research reveals, surprisingly, that there are five basic areas through which all learning takes place: Symbols, Patterns, Order, Categories, and Relationships which could enable more fully understanding and supporting the development of transdisciplinary problem-solving skills.

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 the consequences of that action. Intentional thinking is needed in the population to show how to update the operating code in our societal systems through a shift in consciousness from ego-system to eco-system awareness.

Vitality is a positive feeling of aliveness and energy, and the power giving continuity of life, present in all living things. Vitality possesses strong benefits for personal healthiness, which includes improved perception of one’s own wellbeing, improved performance and coping, increased life satisfaction, and feeling happier. According to Lavrushcheva’s research, research there are five concurrent components of vitality: subjectivity, positivity, fluctuation, adaptivity, and simultaneous involvement of physical and psychological energy.

The Waves of Wellbeing is a symbol, a contemplative practice and tool, and an action reflection learning journey to advance a social movement about wellbeing and its potential to regenerate and investing in the resources of personal, societal and ecological wellbeing and vitality for all.

Wellbeing is a multidimensional desirable human state that incorporates life satisfaction, health and happiness, and which can be extended to three interdependent wellbeing fields: Personal Wellbeing (physical, emotional, mental and spiritual) Societal Wellbeing (social/cultural, economic and political) Ecological Wellbeing (species, air, water, soil and climate).

Wellbeing literacy is a capability (what we can be and do), that involves intentional language use and for wellbeing. Wellbeing literacy contains five necessary conditions: some proficiency in wellbeing vocabulary; an ability to value, to appreciate and relate; an ability to comprehend wellbeing communication through reading, listening, and viewing; an ability to compose texts relevant to wellbeing in multiple modalities, including writing, creating, and speaking; involves conceptual and literal attention to context; and requires intentionality (desire, belief, intention, skill, and awareness).

The Systems Change Framework is a sensemaking tool to support individual and group movement towards a wellbeing future that is familiar and capable of working in systems and towards systems change.

The Theory of Knowledge is concerned with understanding what it means to “know”. Ways of knowing explores the different methods we use in order to gain knowledge and then process it and is divided into Ways of Knowing and Areas of Knowledge. Eight ways of knowing: Sense perception, Emotion, Language, Reason, Imagination, Faith, Intuition, Memory. The eight areas of knowledge are: Mathematics, Natural Sciences, Human Sciences, The Arts, History, Ethics, Religious knowledge systems, and indigenous knowledge systems.

Transformative literacy is the ability to perceive, interpret and utilize information for societal and ecological transformation processes in a way that enables people to get actively involved in shaping these processes. Theorist U builds upon two decades of action research at MIT, the process shows how individuals, teams, organizations and large systems can build the essential leadership capacities needed to address the root causes of today’s problems and transform our global problems into solutions. Theorist U show how to update the operating code in our societal systems through a shift in consciousness from ego-system to eco-system awareness.
**Generalised Elevation Resources** (GER) is a characteristic, practice or tool of an individual, group, community or society that is effective in elevating the level of caring about and for the foundations of personal, societal and ecological wellbeing and vitality over time.

A GER is a characteristic, practice or tool of an individual, group, community or society that is effective in elevating the level of caring about and for the foundations of personal, societal and ecological wellbeing and vitality over time.

The Generalised Elevation Resources concept was developed through the Being Well Doing Good project 2020 and draws on the mapping sentence created by the Salutogenic model of health’s Generalised Resistance Resources.
Waves of Wellbeings

Co-Creating Social Change That’s Good For Self, Others, Nature & The Future

Contemplative Practices are any activity that allows you to pause and deepen your connection to your consciousness. Contemplative Practices cultivate a critical, first-person focus, sometimes with direct experience as the object, while at other times concentrating on complex ideas or situations. Incorporated into daily life, they act as a reminder to connect to what we find most meaningful.

Wellbeing Ecosystem Immersion

The Action-Reflection tool helps explore the inner and sections, and the main breaks that form the basis of the sessions. It’s supports learning and adaption as a systems practice that can help shape the personal interactions with people around us, our community and how we make meaning and connection with our experiences no matter where they are. Graphic: U Chicago CSR Developmental Framework.

Flow a state of complete immersion in an activity or a steady, continuous stream or supply of something. In positive psychology, a flow state, also known colloquially as being in the zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

The Waves of Wellbeings practice tools are visual metaphors to aid the contemplative practices - a transformational practice that supports shifting potential sources of wellbeing and vitality into existence. As a step-by-step guided practice, participants are invited to explore the continual and cumulative interplay between the components which are presented as a combination of symbols, patterns, order, categories and relationships.