

# Waves of Wellbeings



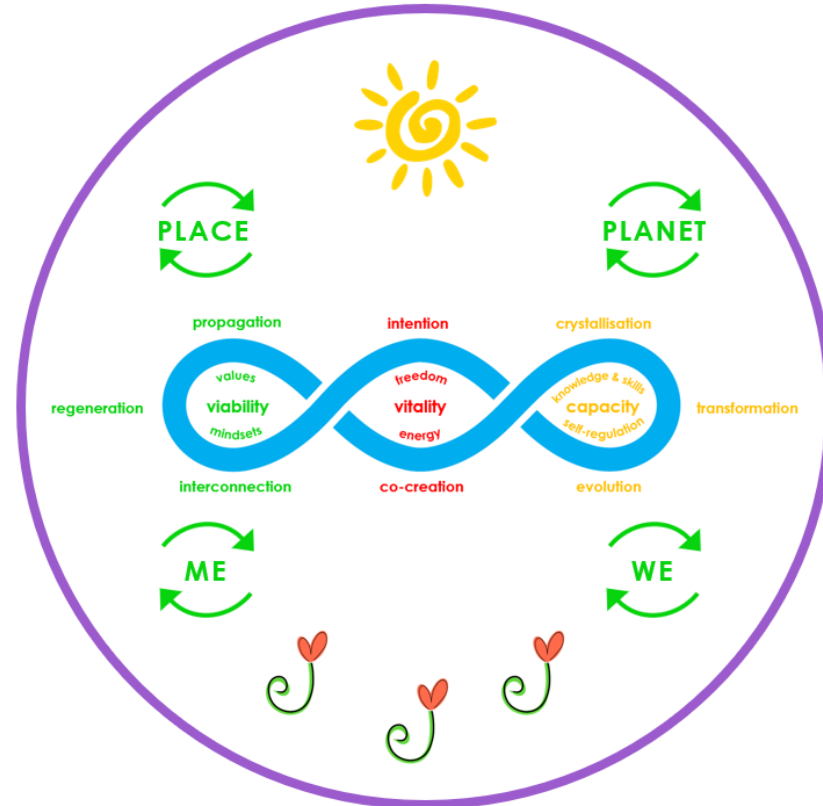
The Journey - Proactively adapting with our ever-changing worlds



The Shift - Awaken consciousness about Being Well - Doing Good



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



Our Thriving Wellbeing Ecosystem



The Future - Open awareness to our highest future possibility



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

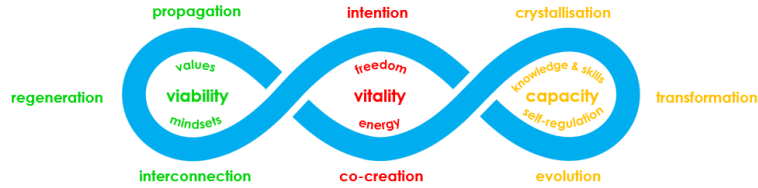


Waves of Wellbeings provides a practical sense-making tool and model which enables people to get actively involved in a collaborative process that contributes to shaping and initiating caring actions that are research-informed, relevant to context and benefit self, others, nature and the future.

**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 we are being? Why 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 3 central inner 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 breakouts sessions. The Journey starts at the first outside section, regeneration, 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 – 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.

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 energy for intentionally enacting 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 adaption. Strengths Use)

# Waves of Wellbeings



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

**1. Regeneration** The process by which potential gets shifted into existence.  
**Viability Zone: Mindsets and Values**  
Waves of Wellbeings. Benefit Mindset.

**The Journey - Proactively adapting with our ever-changing worlds**

Enabler: Open Mind, Curiosity.

Barrier: Voice of Judgement. Past Patterns and Mental Models.

**2. Interconnection** A mutual connection between two or more things.

**Viability Zone: Mindsets and Values**

Social Solidarity Circles (**SSC**) Listening Practice.

**The Shift - Awaken consciousness about "Being Well - Doing Good"**

Enabler: Open Heart, Compassion. Barrier: Voice of Cynicism.

**3. Intention** The aim of a planned and deliberate purpose.

**Vitality Zone: Freedom and Energy**

Beneficial Action **SSC**

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

Enabler: Open Will, Courage. Barrier: Voice of Fear.

**4. Evolution** The gradual development of something.

**Capacity Zone: Self-Regulation, Knowledge and Skills**

Transformative Literacy. **SSC**

**The Future - Open awareness to our highest future possibility.**

Enabler: Letting go and Connecting to the source.

**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.

**7. Co-Creation** Collaboration of ideas, sharing and improving together.

**Vitality Zone: Freedom and Energy**

Prototyping, Iterate, iterate, iterate... reflect, learn and adapt. **SSC**

**Be a work in progress** linking head, heart & hand.

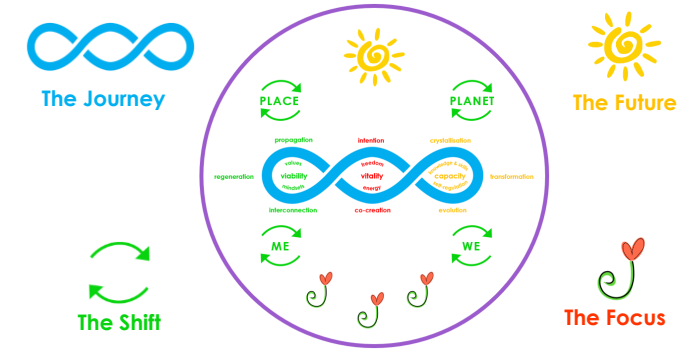
**8. Propagation** The action of spreading or promoting an idea or theory.

**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 and 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 embedding an adaptive, regenerative and transformative Benefit 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 allows the letting-come, seeing with fresh eyes with an open mind, an open heart and an open will. 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 communities of interest actions that are guided by effective 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 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.

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.

**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. Contemplative practices are practical, radical, 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 contributing to a larger good. Over time, through developmental experiences, we build four foundational components: knowledge and skills, self-regulation (awareness, attention, emotions and behaviours), mindsets and values, which underlie key factors to success.

**Developmental Evaluation** is an *approach* to evaluation, not a specific method or tool, designed to support decision making for innovation. 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 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.

**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 fulfilling the intention while performing the action.

**Generalised Elevation Resources** is a characteristic, practice or tool of an individual, group, community or society that is effective elevating the level of caring about and for the sources of personal, societal and ecological wellbeing and vitality over time.

**Mental Models** are habits of thoughts – deeply held beliefs and assumptions and taken for granted ways of operating that influence how we think and be, and what we do, say, see and sense.

**Nature immersion** cultivates awareness of nature which can lead you back to a simpler and more organic way of relating to life that reveals new and exciting layers of your personality. Nature Immersion evokes connections, awareness and understanding about the benefits of establishing a reciprocal relationship with nature.

**Regenerative Development and Design** takes sustainability to the next level and provides a framework for incorporating regenerative principles into your current process. A clear, focused framework shows you how to merge regenerative concepts with your existing work, positioning humans as co-creative and mutually-evolving participants in an ecosystem.

**Salutogenesis** is a medical approach focusing on factors that support human health and well-being, rather than on factors that cause disease (pathogenesis). More specifically, the “salutogenic model of health” is concerned with the relationship between health, stress, and coping.

A **Sense of Coherence** has three components: *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; *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.

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.

The **Theory of Knowledge** is concerned with understanding what it means to “know”. Ways of knowing explore 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 and 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.

**Theory 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 social, environmental, and spiritual challenges. In essence, Theory shows 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 continuance 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 Lavrusheva's recent research there are five concurrent components of vitality: subjectivity, positivity, fluctuation, adaptivity, and simultaneous involvement of physical and psychological energy.

The **Waves of Wellbeings** is a symbol, a contemplative practice and tool, and an action reflection learning journey to advance a social movement about and for regenerating sources of personal, societal and ecological wellbeing and vitality for all.

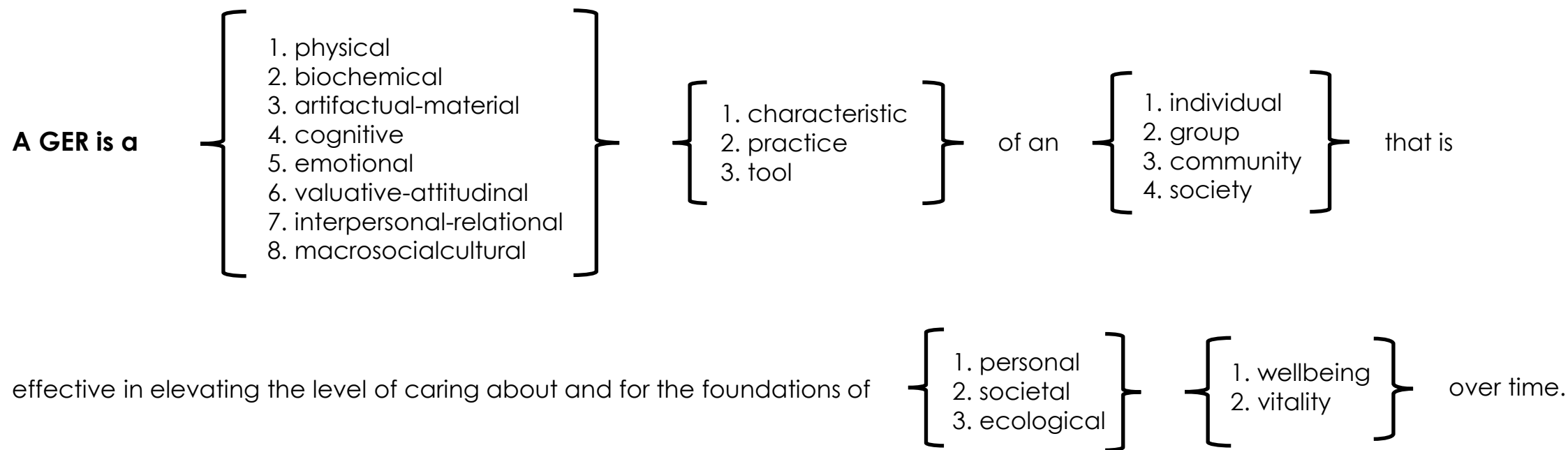
**Wellbeing** is a multidimensional desirable human state that incorporates life satisfaction, health and happiness, and which can be extended to three interdependent wellbeing fields. Personal Wellbeing (physical, emotional, mental and spiritual) Societal Wellbeing (social/cultural, economic and political)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

**Wellbeing literacy** is a capability (what we can be and do), that involves intentional language use about and for wellbeing. Wellbeing literacy contains five necessary conditions: some proficiency in wellbeing vocabulary and wellbeing knowledge; 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).





**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.



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.

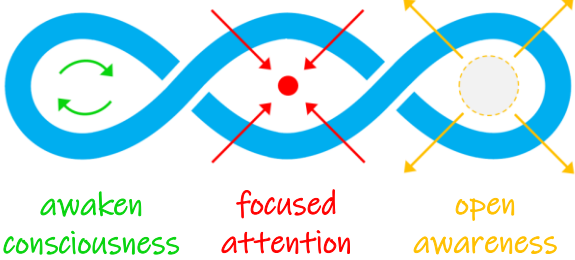
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# Contemplative Adaptive Inquiry

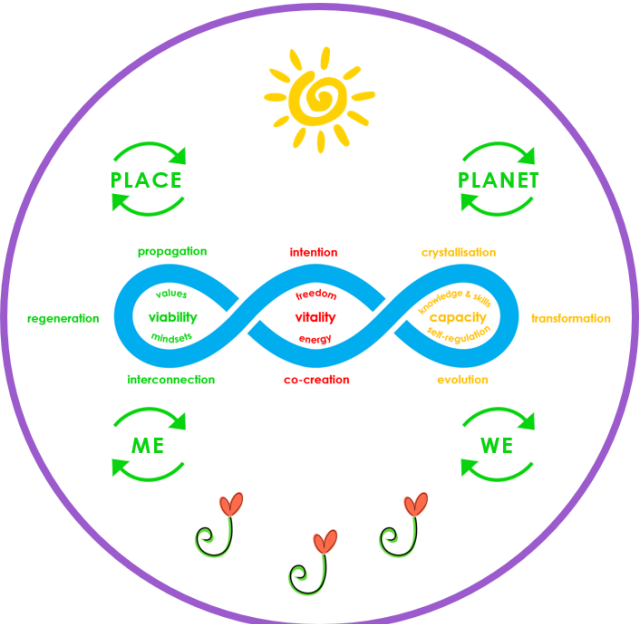


# Action-Reflection Practices



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.

# Wellbeing Ecosystem Immersion



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.



**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.