



TRIPLE WELLBEING PRACTITIONER TRAINING

A Healthier You. A Healthier Us. A Healthier Planet.



A training programme and toolkit for educators to support healthier classrooms and learning communities by embedding the principles and practices of Self-Care, People-Care and Earth-Care.



KEY AIMS AND OBJECTIVES

- Explore and understand the Triple WellBeing model as a response to symptoms of our personal, social and environmental ill-health
- Deepen understanding and engagement with the nine core wellbeing competencies using the guiding principles of Self-Care, People-Care and Earth-Care.
- Engage with cutting-edge Neuroscience to better understand ways to support healthy, flourishing learning contexts and communities
- Gain techniques to strengthen Triple WellBeing on a personal and professional level
- Develop skills and resources to embed Triple WellBeing competencies into curriculum design, teaching methodologies and facilitation spaces

LEARNING FOR LIFE

9 CORE COMPETENCIES

This personal and professional training draws upon depth-research and practice in holistic wellbeing; sharing simple, powerful tools, approaches and resources for educators to help strengthen personal, social and environmental wellbeing.

We call it Triple WellBeing.

Using the [Triple WellBeing® roadmap](#) as our guide, we explore how to deepen and strengthen the nine wellbeing competences in your life and learning community.



Self-Awareness



Self-Compassion



Resilience & Agency



Social-Awareness



Compassion for Others



Citizenship & Belonging



Environmental Awareness



Compassion for Nature



Rewilding & Regenerating



TRIPLE WELLBEING® EDUCATOR TOOLKIT

CARDS, CURRICULUM & COMMUNITY

Teachers will be issued a practitioner toolkit including a card deck containing short activities to bring the wellbeing competencies into the classroom space, alongside an accompanying handbook and online community.

- **The Triple WellBeing® Card Deck** contains a series of short activities to strengthen the 9 core competencies on a personal and professional level, with practices to use both at home and in the classroom context
- **The accompanying handbook** contains further activities, ideas and resources to embed the competencies into the learning context, whilst the curriculum helps bring these competencies to life through structured lessons
- **The online forum** offers a Community of Practice to share ideas, resources, experiences and learning with educators in different contexts





PRACTITIONER TRAINING COURSE

INTERACTIVE ONE-DAY PROGRAMME

- Using a systems-thinking approach, this one-day course introduces the practices of Self-Care, People-Care and Earth-Care through simple, powerful competencies to support holistic wellbeing.
- The interactive training will weave together the neuroscience of wellbeing with natural system dynamics, sharing tools to strengthen Triple WellBeing on a personal and professional level.
- This training includes a comprehensive practitioner toolkit, plus classroom learning resources.
- Participants will be given membership to the Practitioner community within the Triple WellBeing Hub - an online platform designed for sharing, learning and connecting with our global educator community.

KEY DETAILS

Session 1: A Triple WellBeing Mindset

Understanding the principles of Triple WellBeing as a response to our nested crises, and getting familiar with the nine core wellbeing competencies

Session 2: Personal engagement

Becoming familiar with the cards, practices and principles through an invitation to incorporate the cards into daily life to support Triple WellBeing on a personal level.

Session 3: Professional Practice

Exploring and learning together different ways to embed these practices into the learning context, through lesson design, curriculum content and classroom activities.

**Moving forward, we will be offering the opportunity to become an accredited Triple WellBeing Practitioner through a year-long action-research programme.*



GET IN TOUCH

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