



# MY WELLBEING PLANNER

**A new product to assist the prioritisation of personal wellbeing**

**Developed by The Centre for Positive Psychology  
Melbourne Graduate School of Education  
The University of Melbourne**

## What is the My Wellbeing Planner?

The My Wellbeing Planner is a product and process that helps individuals develop a personalised wellbeing and performance plan. The 'My Wellbeing Planner' draws on a range of current research, including personalised approaches in education and health; the relationship between wellbeing and performance; wellbeing programs and good education practice; coaching; goal striving; and self-determination.

## How does it work?

In this program students are sent a 'Pre-Departure Pack' in their own country informing them about the program. Once they arrive in Australia, they receive an 'Arrival Pack' where they are asked to think about what the term 'wellbeing' means to them. In this way they start their wellbeing journey with a personalised conception and definition of wellbeing. They then take *their* concept of wellbeing and build upon it by learning about setting performance goals for wellbeing and academic achievement, all with the support of a mentor.

Additionally, students are provided with information on maintaining their wellbeing goals, such as barriers and coping strategies, and specific wellbeing skills they can plan to use – such as strengths and gratitude. Over the course of their stay, each student meets 4 times with their mentor to talk about their 'My Wellbeing Plan' and the progress they are making.



## Why is the My Wellbeing Planner needed?

COVID-19 has disrupted the lives and schooling of students across the globe. During periods of change, stress, adversity, and grief, it is important to focus on those things that are within an individual's control. The My Wellbeing Planner provides a vehicle for young people to proactively and preventively take control of their wellbeing.

The My Wellbeing Planner is built upon three fundamentals: personalisation, evidence-based action planning, and connection and collaboration. These fundamentals are enacted throughout the program, helping students to develop wellbeing literacy, personal autonomy, and a sense of connection and belonging. The students are encouraged to focus on their character strengths, and to use their strengths as they work towards their wellbeing and academic goals.

## Progress to date

The My Wellbeing Planner was developed in collaboration with The University of Melbourne, Trinity College Pathways School, over the 2019 academic year, and refined through a series of iterations in line with student and staff feedback. Post development, refinement, and testing occurred throughout 2019; due to its success it is now being rolled out on scale to more than 2,000 students in 2020, with an ambitious goal of taking the program online and also offering it across wider cohorts.

## Next steps

We are currently in the process of securing an IP partner and provider to take the My Wellbeing Planner online, with an anticipated online launch date of October 2020.

## Program Researchers

Professor Lindsay Oades, Associate Professor Aaron Jarden, Dr Corina Ozturk, Ms Becky Black.

