



# Camp Programme

*“Happiness is not a spectator sport.”*

Chris Peterson

## Camp philosophy

- ▶ Humans cannot truly achieve long-lasting happiness simply by watching from the side-lines. They actually have to get down onto the pitch and participate! Happiness is not something out there that people find just by looking, instead it is dependent on doing something, on joining in, on trying things out.
- ▶ This two day camp provides opportunities to engage and explore wellbeing science knowledge and practices, and to discuss, attempt, debate and reflect together on how specifically the principles of wellbeing science can be integrated into our lives and into our work.

## Camp overview

- ▶ Camp consists of 12 wellbeing modules, each one hour long. There are 19 modules in total and 12 will be chosen by the Camp Director based on each camp's wellbeing assessment. Each module is comprised of 20 minutes of “learning”, 20 minutes of “doing”, and 20 minutes of discussion/debate/reflection.
- ▶ Possible module topics include:

- |                                    |                     |                              |
|------------------------------------|---------------------|------------------------------|
| △ Assessing wellbeing              | △ Savouring         | △ Altruism                   |
| △ Models and theories of wellbeing | △ Communication     | △ Physical health            |
| △ Models of behaviour change       | △ Growth Mindsets   | △ Work wellbeing             |
| △ Flow                             | △ Kindness          | △ Stress and trauma          |
| △ Optimism and Hope                | △ Positive emotions | △ Values / Purpose / Meaning |
| △ Resilience and Growth            | △ Strengths         | △ Slowness                   |
| △ Gratitude                        |                     |                              |

- ▶ The outcomes from camp include:
  - △ Planning, developing and implementing a personal wellbeing plan
  - △ Tailoring wellbeing interventions to personal needs and preferences
  - △ Re-connecting with the joy of work and proactively preventing burn-out
  - △ Having fun, connecting, and becoming more relaxed
- ▶ This course is suitable for individuals over the age of 18 who wish to learn more about the benefits of wellbeing science.
- ▶ The set-up is down-to-earth, straightforward, minimalistic and transparent.

## Aims of Camp

- ▶ To have fun, relax, be creative, learn and share ideas and opportunities.
- ▶ To facilitate and empower participants to develop and implement their individual personal wellbeing development plans.
- ▶ To provide the opportunity for relaxed networking.

## Timetable

Saturday		Sunday	
8:30am – 9:00am	Arrival at AUT		
9:00am – 9:30am	Welcome, and positive introductions  Aims of camp and questions	9:00am – 10:00am	Topic 8
9:30am – 10:30am	Topic 1	10:00am – 11:00am	Topic 9
10:30am – 11:00am	Break – Morning tea	11:00am – 11:30am	Break – Morning tea
11:00am – 12:00pm	Topic 2	11:30am – 12:30pm	Topic 10

12:00pm – 1:00pm	Topic 3	12:30pm – 1:30pm	Topic 11
1:00pm – 2:00pm	Lunch	1:30pm – 2:00pm	Lunch
2:00pm – 3:00pm	Topic 4	2:00pm – 3:00pm	Topic 12
3:00pm – 4:00pm	Topic 5	3:00pm – 4:00pm	Personal presentations
4:00pm- 5:00pm	Topic 6	4:00pm- 5:00pm	Project presentations
5:00pm – 6:00pm	Topic 7		
6:00pm – 7:00pm	Dinner		
7:00pm – 8:00pm	Project work		
8:00pm – 9:30pm	Wellbeing Movie (optional)		