

Give yourself a
big hug.

YOU DESERVE IT.





WOW Self Care School

CURRICULUM

WOW SELF CARE SCHOOL is an 8 month highly engaging, interactive online video based education program which has been specifically designed to strengthen Self Care practices and build resilience through enhancing wellbeing. Mind. Body. Spirit.

It is offered four times a year, usually commencing in early March, June, September and November. The program is aimed at the helpers, the healers and cultivators of hope, seeking evidence based Self Care education that can be ultimately shared with your own communities.

WOW Self Care School is all about encouraging positive mental health. It integrates rehabilitation methodologies to assist recovery from workplace psychological injuries such as sexual harassment, bullying and can also help those impacted by Domestic and Family Violence rebuild their lives.

The program also brings the latest theories and methodologies from the world of positive psychology combined with evidence based knowledge and skills to improve emotional wellbeing.

*Self Care School is not an alternative to good psychological therapy and we encourage you to discuss if this course may be helpful for you with your own treating therapist, if you are currently being supported.

WHAT IS SELF CARE?

Too often, Self Care is misguided in its promotion. Currently there are over 37 million posts about Self Care on Instagram and many of them are just wrong. Self Care is not about bath bombs and yoga retreats.

Self Care is a life long habit and culture. It is the practice of individuals looking after their own health and wellbeing based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health and wellbeing efficiently and conveniently, in collaboration with health and social care professionals as needed.

WHO defines self-care as "the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider".

PROGRAM OBJECTIVES

- To equip participants with fundamental Self Care and wellbeing life skills that builds emotional resilience and encourages good health
- To develop health literacy communication competence
- To empower the community to build healthier relationships at work, at home and at play
- To increase personal engagement with evidence based Self Care practices
- To enhance participants recovery from trauma and psychological injury
- To assist return to work outcomes and prevent relapse

WHO SHOULD ATTEND WOW SELF CARE SCHOOL?

WOW Self Care School is suitable for anyone interested in learning and maximising their own Self Care. However, we find the program best suits three core groups:

THE HELPING PROFESSIONS

who are keen to take a refresher in their own Self Care, and looking for a valuable Self Care tool to recommend to their patients and clients.

HIGH ACHIEVING BUSINESS PEOPLE

who crave something more in life and are looking for meaning and purpose. You possibly have been through a tough time of late and know that your own Self Care needs attention and Self Love too.

ADVOCATES AND ACTIVISTS

who are actively involved in social justice issues such as Domestic and Family Violence, Climate Change, Gender Equity, Patient Activism and more.



Program Focus

The program addresses the main protective and risk factors which contribute to the decline in Self Care and personal resilience often resulting in someone suffering a mental illness or psychological injury. We use trauma informed practices throughout the program.

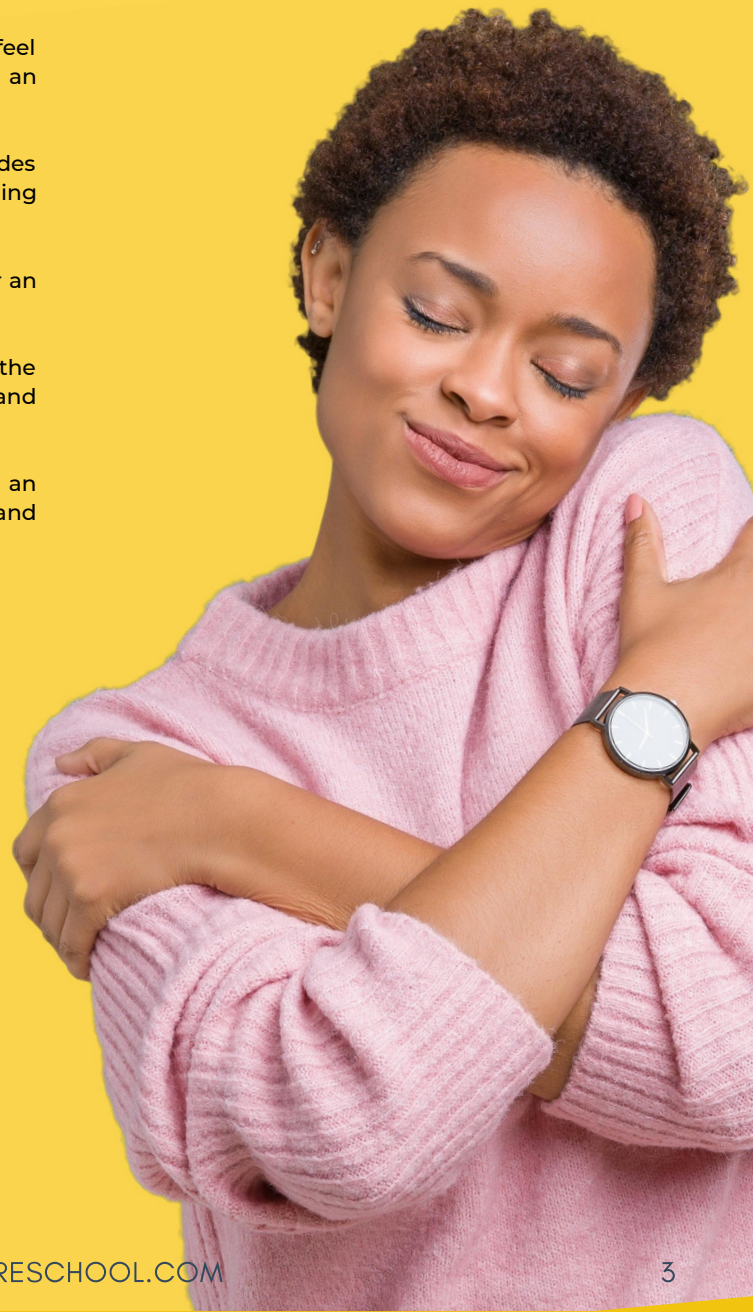
Trauma-Informed Practice is a strengths based framework grounded in an understanding of and responsiveness to the impact of trauma, that emphasises physical, psychological, and emotional safety for everyone, and that creates opportunities for survivors to rebuild a sense of control and empowerment (Hopper, et 2010)

TRAUMA INFORMED

There are 5 primary principles for trauma informed Self Care:

- **SAFETY.** This includes creating spaces where people feel culturally, emotionally, and physically safe as well as an awareness of individual's discomfort or unease.
- **TRANSPARENCY AND TRUSTWORTHINESS.** This includes full and accurate information about what's happening and what's likely to happen next.
- **CHOICE.** This includes the recognition of the need for an approach that honors the individual's dignity.
- **COLLABORATION AND MUTUALITY.** This includes the recognition that healing happens in relationships and partnerships with shared decision making.
- **EMPOWERMENT.** This includes the recognition of an individual's strengths. These strengths are built on and validated.

Self Care School aims to teach specific knowledge about Self Care practices, their benefits, and provide practical tools to help build personal resilience and minimise the risk of mental illness. It also helps to improve life satisfaction, engagement and personal performance.



PERSONAL CHANGE

In order to achieve meaningful and lasting change in our lives we must first understand why change efforts fail, despite the best of intentions. Self Care is a life long practice. WOW Self Care School guides you module by module into healthy Self Care Practices that can be individually customised to your own needs.

THE DYNAMICS OF SELF-DIRECTED CHANGE

Change efforts rarely succeed because we don't know what to change or how to change or because we don't want to change.

When self-directed change efforts fail it is usually due to one or all of the following factors:

1. Not understanding how the process of self-directed change works
2. Not understanding how 'restrictive' motivation works and how we sabotage our own success
3. Not understanding the psychological processes that keep us in our comfort zone





What Self Care School Offers

This is an intensive evidence based Self Care course designed to educate, inform and inspire you to add healthy Self Care habits and practices to your life. One step at a time.

The scope of self-care as described in the World Health Organisations' definition includes health promotion; disease prevention and control; self-medication; providing care to dependent persons; seeking hospital/specialist care if necessary; and rehabilitation including palliative care. Inherent in the concept is the recognition that whatever factors and processes may determine behaviour, and whether or not self-care is effective and interfaces appropriately with professional care, it is the individual person who acts (or does not act) to preserve health or respond to symptoms.

Self-care is broad concept which also encompasses hygiene (general and personal); nutrition (type and quality of food eaten); lifestyle (sporting activities, leisure, etc.); environmental factors (living conditions, social habits, etc.); socioeconomic factors (income level, cultural beliefs, etc.); and self-medication. Core principles: Fundamental principles for self-care include aspects of the individual (e.g. self-reliance, empowerment, autonomy, personal responsibility, self-efficacy) as well as the greater community (e.g. community participation, community involvement, community empowerment).

Supporting self-care interventions has the potential to

- strengthen national institutions to maximize efficient use of domestic resources for health;
- create health sector innovations, including by catalyzing digital and mhealth approaches;
- and improve access to medicines and interventions through optimal interfacing between health systems and sites of health care delivery.

Self Care is about more than looking and feeling good; it involves nurturing every aspect of yourself - mind, body and spirit. We like to think of the dimensions of Self Care and wellness like a car. Each part of a car plays a vital role in the overall functioning of the vehicle. If any part of the car is broken or malfunctioning - for example the brakes wear out - the car becomes unstable, and it cannot function the way it was intended to. Sure, you can continue to drive your car when your brakes need work, but eventually you'll run the risk of doing serious damage to yourself and your car.

Like a car in need of work, we can 'get by' and still function while only attending to some dimensions of wellness, but that choice comes with downsides. To ensure that we keep running smoothly we need periodic tune-ups, and we'd be wise not to ignore any warning signals that an area of our life needs attention. Just like we wouldn't purchase a brand-new car and drive it around for years without ever taking it for a routine oil change and maintenance, our bodies, minds, and spirits require the same level of upkeep.

Dimensions of Self Care

PHYSICAL

Physical wellness is all about how your body functions. To function optimally, your body needs proper nourishment, exercise, sleep and healthy habits.

SOCIAL

We were created for social connection. We are at our best when we have healthy relationships with people who genuinely care about us, respect us, and lift us up.

FINANCIAL

When we are financially healthy, we are satisfied with our overall standard of living. We manage our personal finances well to create financial security and eliminate day-to-day stress caused by debt and are able to build financial reserves.

SPIRITUAL

When we are spiritually healthy, we realise that we exist beyond the physical and our life has a sense of meaning and purpose.

COMMUNITY

Community wellbeing can actually be the differentiator between a good life and a great one. It starts with some of the basics. While you might not think about the quality of water you drink, or the air you breath every day, a lack of security about these fundamental needs can cause significant concern over time. Feeling safe walking alone at night in your neighbourhood and having confidence that you won't be harmed or assaulted is another primary necessity.

CAREER

Life is too short to be doing work that doesn't make you feel good. Vocational Self Care involves finding meaning in the work that you do and knowing how to cope when you find yourself in a less than optimal employment situation.

PLANET

What's good for our bodies is good for the planet – and what's bad for the earth is bad for our health. The link between mental health and environmental degradation is now well established. We all have a role in caring for our planet: organics, eliminating plastics, reducing our carbon footprint, caring for habitats and more.







Monthly Modules

Each month a new module is released on the Sunday. You have the month to watch the videos, complete the quizzes, sample the self care 'tasters' and join the Nurture Hour within the private Facebook Group.

WOW Self Care School is structured in a manner that enables you to build healthy habits for life, focusing on your own Self Care.

Upon enrolment you have access to the Introduction and Preparation Module - Emotional Self Care.

Thereafter the course is structured:

-  Month 1: What is Self Care?
-  Month 2: Career Self Care
-  Month 3: Social Self Care
-  Month 4: Financial Self Care
-  Month 5: Physical Self Care
-  Month 6: Community Self Care
-  Month 7: Spiritual Self Care
-  Month 8: Planet Self Care

Bonus 'Taster' Self Care experiences are provided with each module for you to try.



NURTURE HOURS

All attendees of WOW Self Care School benefit from joining our private Facebook Group where we host communal gatherings in a dedicated 'Nurture Hour'. You'll hear live from experts on the Self Care plinths and get an opportunity to ask questions and gain feedback. We want you to really enjoy connecting with others too on their own Self Care journey.

COSTS

WOW Self Care School is an intensive 8 month hybrid based online learning program. Think of it like a retreat on steroids. To ensure the program is affordable we offer two payment options:

You can pay the total cost for the program upfront when you enrol of \$2200 or select the monthly payment option for 50% upon enrolment and the balance upon commencement of the course.



WOW

Self Care School

WHO WE ARE

WOW Self Care School is delivered by WOW Chaplaincy, a humanist workplace chaplaincy. It is led by Kathie Melocco. Kathie is a multi award winning health communications practitioner. Her Campaign, Breast Health was awarded the United National Award for communicating priority issues.

We are all about caring for people.

The development of WOW Self Care School has been designed to compliment our First Responder services because we recognise YOU taking care of YOU is critical to a growth mindset through some of life's toughest challenges.

As workplace first responders we know that life isn't always calm and peaceful. We also know that Self Care practices are a vital part of living a healthy and well life to swim through the various tides.

That's why we created WOW Self Care School, to help you embed positive coping skills into your life and to work with you to make these Self Care practices daily life habits. Just like we clean our teeth each day we want to help you take care of you. Mind. Body. Spirit.

We all must practice good mental health hygiene too. That means staying connected, being physically active, getting enough rest and sleep and doing our best to avoid excessive stress

WOW Self Care School uses evidence based and trauma informed practices. It's our signature course and is held four times a year – March, June, September and November. At the end of the course you will have developed your very own Self Care plan and will have access to My Year of Self Care to offer to your own communities.



A Closing Word

Each of the modules begins with a video and general discussion of what's important about that particular Self-Care domain and what's needed for that domain to stay healthy and well-balanced. Then, we'll make it personal by leading you in discussions and activities that will help you create a vision for how you want to show up in your life around each area of Self Care. We will also share proven mindset strategies and techniques that will propel you toward your personal goals in each category,

Every exercise we offer as homework can be tailored to meet your specific circumstances and life demands. This is about incorporating Self Care into your life in a way that works for you. There are no one-size-fits-all methods over here! As you work through the modules and strategies, I encourage you to think outside the box and find creative ways to make each strategy your own.

This course is jam-packed with powerful exercises, tools, and techniques so that whatever your circumstances, you can find something that works for you.

I do recommend you try everything at least once. Once you've done that, feel free to take the techniques that are a good fit for you and leave behind things that are less useful. This is all about you upgrading your life in a way that is manageable and sustainable in the long-run.

We look forward to you joining WOW Self Care School. See you inside the program.

To join our waitlist for Self Care School, please go to the following link:

[WOW SELF CARE SCHOOL](#)