

Cultivating Community Wellbeing

It is time to ask yourself how healthy is my community?
Where are we going? How will we get there?
This weekend of free workshops for residents of Jindivick, Labertouche and Drouin West will do just that! Hosted by the JPA, funded by FRRR and facilitated by Mel Neil, this experience is especially crafted to get lightbulbs popping and enthusiasm dripping!

**October 24th and 25th
@ Jacks in Jindivick**

**Workshop 1—Sat 24th October
10am—3pm**

Strengths & Values

*Using your Individual & Collective Strengths
for Success*

An individual's greatest assets? Their strengths. However, not everyone is clear about what their strengths are or how to make the most of them. In this session you will identify your own strengths and collective community strengths.

Our Values are the guiding principles that when lived, provide us with high levels of wellbeing and when not lived can have significant impacts upon our wellbeing. We need to first understand our core values and then find ways to bring them to life in our everyday activities and decisions.

We then need to explore how our own strengths and values interact with other individuals, groups and organisations.

Leveraging the synergies of our strengths and values with others and developing strategies for the conflicts is the recipe for success!

**Workshop 2—Sun 25th October
12-4pm**

Engagement & Meaning

*Engaging for Individual and
Community Wellbeing*

There is a strong link between Engagement and Wellbeing. Most people think about engagement in the workplace, but it can also be with your community.

Engagement is about having a fulfilling and meaningful life where we feel that we make a contribution and get to experience mastery and be at our best.

We will explore the four key areas of engagement and how we find engagement in different places during different times throughout our lives.

We will also then explore how we can craft our work, community work and our play so that we experience the highest levels of meaning and fulfilment in whatever we choose to do.

Both workshops draw upon the science and empirical research from Positive Psychology and Wellbeing + lunch is include. If necessary you can choose to come for one day.

Book Your Space Now via jindivick.org.au

More information? hello@jindivick.org.au or call Stacey 0403 726 299



Meet the facilitator: Mel Neil is an Australian positive psychology practitioner and consultant. She designs and delivers custom emotional intelligence and strengths based leadership and performance programs for public and private sector clients.

Mel's innovative programs are recognised by peak bodies both domestically and internationally. She co-designed the first Australian Government accredited Diploma of Positive Psychology which is now delivered in the United Kingdom, Canada and New Zealand. She also co-designed and continues to facilitate the Award Winning Melbourne Tourism Industry Leadership Program.

