

Context **Activities/Inputs** **Mechanisms** **Outcomes** **Outputs** **Impact**

Who

- General population
- Workplace / business
- Schools / education
- Community

Professionals working with communities / vulnerable groups

Why

Positive mental health as asset

1 day workshop

Bespoke workshops for organisations

Other consultancy work / collaboration

8 week DIY Happiness course

- WoW resources (website, game etc.)
- Wheel of Wellbeing as 'organising framework'

'Learning through doing' - experiential

Communication of science / theory / evidence

Social connecting

Tips

Using resources

Tracker

Increased lay understanding of wellbeing

Increased understanding of science / theory / evidence

Increased motivation to improve wellbeing

Identifying what works for you

Engaging in wellbeing activities

Sharing WoW learning (ripple effect)

Increase in number of people reached

Improved community / organisational wellbeing

Improved individual wellbeing



Wheel of Wellbeing Theory of Change