**Wheel of Wellbeing Theory of Change**

**Who**
- General population
  - Workplace / business
  - Schools / education
  - Community
- Professionals working with communities / vulnerable groups

**Why**
- Positive mental health as asset

**Activities/Inputs**
- 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’

**Mechanisms**
- ‘Learning through doing’ - experiential
- Communication of science / theory / evidence
- Social connecting
- Using resources
- Tracker

**Outcomes**
- Increased lay understanding of wellbeing
- Improved motivation to improve wellbeing
- Identifying what works for you
- Engaging in wellbeing activities
- Increased understanding of science / theory / evidence

**Outputs**
- Sharing WoW learning (ripple effect)

**Impact**
- Increase in number of people reached
- Improved community / organisational wellbeing
- Improved individual wellbeing