

## Modalities for learning and engaging:

**We use digital platforms to deliver our courses online facilitated by experienced prevention stewards.**

We offer 1 to 50 hour real-time online & face to face session, or bespoke programs for individuals or groups:

1-3 hours: Masterclasses, Dialogues, Coaching and mentoring, Imagineering.

5 to 50 hours: The above integrated with: Design boot camps, Learning Circles, Design sprints, Coaching and mentoring, Innovation labs, Prototyping sessions.



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## Learning and Leadership Program

Health Futures Australia is a not for profit, health promotion charity working to ignite and inspire Australia's leadership to create a nation of wellbeing communities. We believe in creating a wellbeing economy, and the contribution of wellbeing communities and organisations to this vision.

## CREATING WELLBEING COMMUNITIES SERIES.

In our learning & leadership program we work with you/your organisation through masterclasses to unlock the potential to become a changemaker, intrapreneur, entrepreneur, and innovator to improve the health and wellbeing of Australians.

The need to transform to a wellbeing economy, organisations, and communities has never been greater. Resilience to thrive is critical, it's time to unite and design for a health and wellbeing future.

# Learning Stewards and Hosts at the Forefront of Big Societal Change



## Dr Shelley Bowen

Dr Shelley Bowen is a population health innovator, passionate about lasting system change and leadership of a wellbeing future for all. She designs and enables big thinking, transformative policy, practice and social change processes for better health and wellbeing outcomes. Her expertise is in population and preventive health, collaboration, innovation, scale, strategy and communication, and system design thinking. Shelley is a Westpac Social Change Fellow and an alumni of: Cognitive Edge, Presencing Institute Otto Scharmer, Seth Godin's altMBA and a 2020 graduate from Stanford's Executive Program in Social Entrepreneurship.



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Learning Stewards and Hosts' profiles can be found: <https://healthfutures.org.au/our-team/>



## Louise Baldwin

Louise is an innovative health promotion specialist with a passion for sustainable change to build healthy communities. She is an award winning practitioner, active researcher and author with extensive experience across nonprofit, government and tertiary sectors. Louise is an academic and the founder and director of Health and Social Change Australia whilst being an avid mentor for the next generation of health promoters. She is leading the charge to highlight links between entrepreneurship and health as part of broad approaches to wellbeing and thriving communities.

## Prof Rob Moodie

Professor Rob Moodie is a public health thought leader, changemaker, activist, chef and father of the year. Rob's passion is for urgent community driven through to global action to build a very different future for our population, doing his part to drive a different future market for prevention in Australia with a focus on leaders for the future.



## Online Course Guide September 2021 - June 2022

Our programs are designed to thought provoke, capability build, network and connect spirited leaders, practitioners, managers, policy and project staff and teams – collaborators who can be at the forefront of big societal change and 'cut through' in complex times.

Most importantly our courses tap into and unlock the authentic leadership required to lead and lean into the future as it emerges.

*"Working with HFA and my community has confirmed for me that no matter our differences (background, approaches), we share common concerns and dreams for the future. Now through the HFA process, we also share common tools to help tackle those concerns."* **Lana de Kort, Manager Clunes Neighbourhood House**

*"I found it informative, inspiring and hopeful – weaving lots of threads I've been exploring together and adding new levels of depth and insight."* **Dr Connie Allen, Wellness Trainer and Researcher**

## Social Innovation for Public Health & Wellbeing Masterclass

How to build healthy communities and a wellbeing economy is one of the wicked challenges of our time. The nexus of factors impacting on communities' health needs to be challenged through a new lens. Join us for a five hour introduction to using social innovation to identify and sustainably action public health approaches. Using principles of design thinking and entrepreneurship, our experts will take you on a journey from issue identification to a take away action plan for your organisation or enterprise.

**What:** 2 x 2.5 hours online interactive classes

**Suitable for:** Students, practitioners, project officers, project managers and general managers

**Dates:** November 18 & November 19, 2021.  
10am - 12.30pm

**Cost:** Full \$395 | Student \$150 (+GST)

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The Leading Wellbeing Communities Series classes are for practitioners, community members, managers, policy makers and changemakers who want to arm their toolkit to lead transformative wellbeing impact in their communities through cutting edge social innovation methodology human centred design and bespoke Theory of Change.

*"The new collective capacity will be crucial in addressing many other areas of crisis in the years to come, from climate action, biodiversity, and refugee questions to social justice and wellbeing for all".*

**Otto Sharmer, Presencing Institute**

**Book in a tailored course for your organisation:**

[engage@healthfutures.org.au](mailto:engage@healthfutures.org.au)  
<https://healthfutures.org.au/programs>

### Fine Print

- times are expressed in AEST
- currency is AUD
- GST and Booking Fee not included in registration cost
- no refunds on registrations but we will gladly offer you a class credit

## A Modern Day Guide to Health & Wellbeing Planning Masterclass

Creating wellbeing and social change is a complex approach. How can you design & measure your contribution to the social change you are passionate about? Measuring your impact is crucial to guide your organisation's mission, activities and direction. Join us to develop your Theory of Change to help steer and measure your social impact. You will be guided by expert advisors through an innovative learning session, and walk away with a draft plan to activate your Theory of Change.

**What:** 1 x 3 hour online interactive class

**Suitable for:** Students, practitioners, project officers, project managers and general managers

**Dates:** October 21, 2021. 10am - 1pm **or**  
November 12, 2021. 10am - 1pm

**Cost:** Full \$225 | Student \$150 (+GST)

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YOUR  
WELLBEING  
FUTURE.**



## Leading Empathy Based Change for Public Health and Wellbeing

Leading with empathy has become one of the most powerful capabilities in creating change for health and wellbeing. In this class: Learn to 'sense the system' we are in, and desire for health & wellbeing; Unlock the power to 'changemake' through empathy and disruption; and shape your changemaking future for system and community wellbeing.

**What:** 1 x 3 hour online interactive class

**Suitable for:** Practitioners, managers, community leaders, policy and project staff and teams

**Dates:** November 26, 2021. 10am - 1pm

**Cost:** Full \$225 | Student \$150 (+GST)

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## Develop Your Social Impact In Health

In creating social, health and wellbeing change how can you design & measure your contribution to the very change you are passionate about? Measuring your impact is crucial to guide your organisation's mission, activities and direction. Join us to refine your Theory of Change to help steer and measure your social impact. You will be guided by expert advisors through an innovative learning session, and walk away with a draft plan to activate your Theory of Change - impact measurement.

**What:** 1 x 3 hour online interactive class

**Suitable for:** Community, health and social organisations, projects, program and service leaders and managers

**Dates:** December 2, 2021. 10am-1pm

**Cost:** Full \$225 | Student \$150 (+GST)

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# Join the conversation



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