



Modalities for learning and engaging:

We use in-person and digital platforms to deliver our courses facilitated by experienced public health leaders.

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: All the above integrated with: Design boot camps, Learning Circles, Design sprints, Coaching and mentoring, Innovation labs, Prototyping sessions.



Learning and Leadership Program

Health Futures Australia is a 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. FOR CENTRAL AUSTRALIA 2024

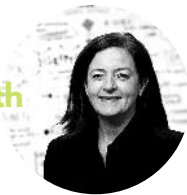
We are focussed on systems thinking and systems change. In our learning & leadership program we work with you/your organisation through masterclasses to unlock the potential to become a changemaker, intrapreneur, entrepreneur, and innovator of systems change to improve the health and wellbeing of Australians.

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

Our programs have been designed and tested by a team of experts in leadership, learning and preventive and public health.

Dr Shelley Bowen CEO and Founder Health Futures Australia



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.



wellbeing communities
THRIVING TOGETHER



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

Dr 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.

Jacinda Roberts



Jacinda is dietitian who has worked in Central Australia for many years in government roles and in an Aboriginal Medical Service. She is currently the Lead for Health Futures for Central Australia. Jacinda is a clinical dietitian, with extensive experience working with remote and urban Aboriginal communities, she has a Master of Public Health and strong believes that health education for improving health is not enough. She is leading the drive for social enterprise endeavours which employ local Aboriginal people to lead their own health outcomes as the key to wellbeing.

Course Guide February - March 2024 in Alice Springs

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 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

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' wellbeing needs to be challenged through a new lens. Join us for a six hour introduction to using social innovation to identify and sustainably action public health approaches. Using principles of design thinking and entrepreneurship, our facilitator/s will take you on a journey from issue identification to a take-away action plan for your organisation or enterprise.

What: 2 x 3 hours **in-person** interactive classes

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

Dates: 28 & 29 February. 1.30 to 4.30pm

Location: Alice Springs, NT

Cost: Full \$350 | Student \$175 (+GST)

#NOTE: this class runs over two sequential afternoons

Our Learning and Leadership Programs

Changemaking for Public Health and Wellbeing

Immerse in and create your own system changing - Theory of Change. Changemakers lead with authenticity and empathy. In this class you will learn to 'sense the system' you are in and desire for impact. You will be provided with tools and ways to unlock the power to 'change-make' through empathy and disruption. You will shape your changemaking future for system and community wellbeing.

What: 1 x 3 hour **in-person** interactive class

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

Dates: Friday 1 March. 1.30 to 4.30pm

Location: Alice Springs, NT

Cost: Full \$175 | Student \$95 (+GST)

Measuring 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: 14 March 2024. 10am-1pm

Location: Alice Springs, NT

Cost: Full \$175 | Student \$95 (+GST)

**TRANSFORMING
YOUR
WELLBEING
FUTURE.**



Meet more members of Health Futures Australia Team shaping our programs

Kevin Mao



Kevin has volunteered with Health Futures Australia for over four years and is currently the population health and social innovation intern jointly supported by Health Futures Australia and The University of Melbourne.

He is an aspiring and inspiring public health focused clinician-scientist working to integrate bench-to-bedside discoveries and policies into the global community utilising population health measures.

Kevin is a passionate volunteer and is currently the Chair of the Student and Young Professional committee and Board Member at the Public Health Association of Australia. Kevin is a final year Doctor of Medicine and Master of Public Health candidate with the University of Melbourne.

Professor 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. Professor of Public Health and Global Health, University of Melbourne.

Professor Moodie is the inaugural Chair of Health Futures Australia, and Professor of Public Health and global Health at the University of Melbourne. Further, Professor Moodie is:

- Chair Advisory Committee Centre for Alcohol Policy, Latrobe University
- Professor of Public of Health, Melbourne School of Population and Global Health, University of Melbourne
- Honorary Professor of Public Health, College of Medicine University of Malawi
- Member Expert Panel on Health Promotion, World Health Organisation
- Former CEO VicHealth, Victorian Health Promotion Foundation



wellbeing communities
THRIVING TOGETHER



Why train with us?

We are:

- A dynamic team with in-depth experience and impact track records
- Expert facilitators and stewards of learning
- Passionate changemakers

We have:

- A breadth and depth of skills and knowledge across a range of sectors and challenges
- Expertise and insight on innovation and new theories of change to match stuck complex challenges

**TRANSFORMING
YOUR
WELLBEING
FUTURE.**



**Register for these
programs at:**

**Social Innovation for
Public Health and
Wellbeing**

**Changemaking for
Public Health and
Wellbeing**

**Measuring Social
Impact in Health**

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

For more information about Health Futures Australia:

www.healthfutures.org.au

For more information about our courses email us at:

engage@healthfutures.org.au

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

Join the conversation

- ✉ engage@healthfutures.org.au
-  <https://www.linkedin.com/company/health-futures-australia>
-  <https://www.facebook.com/HealthFuturesAustralia>
-  <https://www.instagram.com/healthfuturesaustralia>



**TRANSFORMING
YOUR
WELLBEING
FUTURE.**

