



NEW COLLABORATION

# Being Well, Living Well

Join an international collaboration to develop a flexible online toolkit to ensure all university students have access to adequate wellbeing support.

Developed in conjunction with experts, using high-quality content and sophisticated pedagogy, *Being Well, Living Well* will encompass the wide range of issues commonly experienced by students. The interactive toolkit will enable students to develop self-awareness, while also signposting when and where to seek further support.

Designed specifically for students, this complete resource will boost student wellbeing with practical skills and coping strategies to embed positive behaviours.

***Being Well, Living Well*** will:

- Help students maintain a good quality of life
- Inspire students to build self-insight and the confidence to overcome problems
- Support positive mental health and promote healthy behaviours within the student population
- Encourage proactive self-management of low level issues, enabling support services to focus more attention on students in crisis.

## Overview

**Provisional workshop date:**  
May 2019

**Provisional publication date:**  
May 2020

**Suitable for:**

- Students at undergraduate level, from pre-arrival through to graduation
- Some students at postgraduate level

**Overall duration:** 5 hours of bite-size 20 minute modules

## Lead Advisor



**Dr Dominique Thompson**  
Student Wellness  
Consultant

## By joining the collaboration you will have the opportunity to:

- Participate in the launch workshop
- Utilise premium, interactive content at a speed, quality and level of investment that is unachievable for any single institution
- Share best practice with universities and educational experts in the field worldwide
- Input into the planning and development of the course, to ensure it meets your institutional requirements
- Roll out a campus-wide unlimited subscription to the course material in perpetuity with anytime, anywhere access
- Receive comprehensive implementation support and advice.

## Four key strands\*

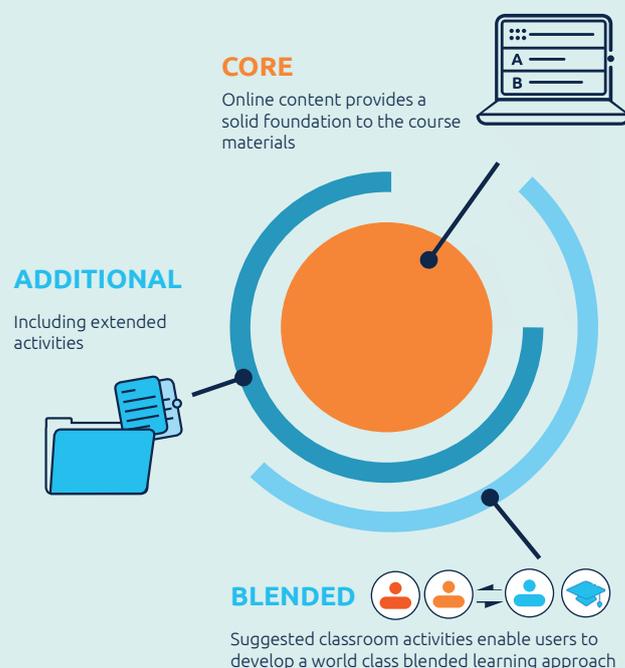
- Feeling Well
- Living Well
- Staying Safe and Well
- Spending Well

\* Made up of bite-size 20 minute modules

## Epigeum pedagogical approach

Epigeum online courses are created through the collaboration of leading universities and shared by subscription – **joining the collaboration** enables universities to secure high quality content at **a fraction of the cost** of developing the material in-house.

Our courses are designed to be inspirational and transformative whether delivered stand-alone, tutor-supported, or fully blended.



 Students are under pressure as never before, and I am delighted that we are developing flexible and relevant ways to support them at university, to live healthy lives and achieve their full potential. 

**Dr Dominique Thompson**  
Lead Advisor