



NEW COLLABORATION

Being Well, Living Well

Collaborate with international experts to develop an engaging wellbeing toolkit for students

This flexible and interactive wellbeing toolkit will be built using high-quality content and sophisticated pedagogy to maximise engagement.

Being Well, Living Well will:

- Provide students with practical tools and strategies for a healthy mind and body through interactive content written by subject experts
- Dispel myths and reduce feelings of isolation through peer voice features, exploring real-life student experiences
- Encourage students to build self-insight through individual action plans at the end of each module
- Equip students with tips and tools for supporting friends, and help them recognise the limitations of being a supporter, via peer support pods and scenarios
- Ensure students can identify when and where to seek additional support, through links to support services and self-help resources

Overview

Provisional publication date:
May 2020

Suitable for:

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

Lead Advisor (UK)



Dr Dominique Thompson
Student Wellness Consultant

Lead Advisor (ANZ)



A/Prof Nicola Reavley
Deputy Director, the Centre for Mental Health at Melbourne School of Population and Global Health at the University of Melbourne

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*

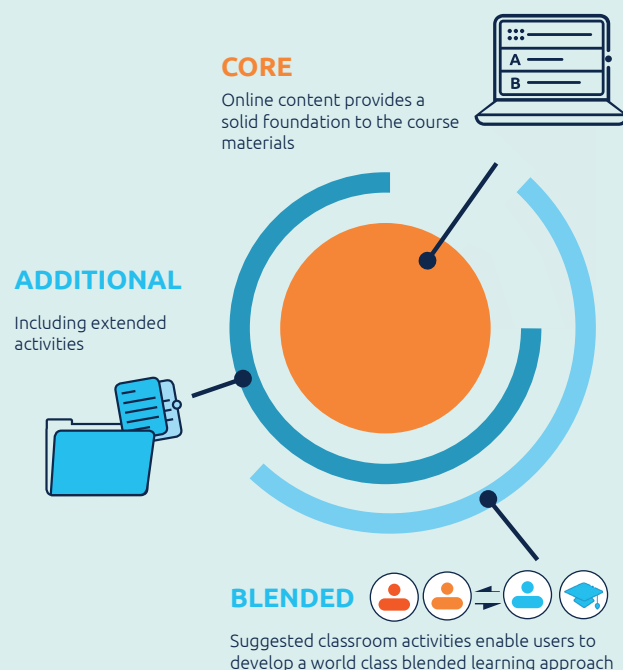
- Feeling Well
- Living Well
- Staying Safe
- Spending Well



* 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