

TAKE NOTICE BE ACTIVE  
KEEP LEARNING Give  
BE ACTIVE CONNECT  
Give KEEP LEARNING  
TAKE NOTICE CONNECT

*Regional Public Health*  
Better Health For The Greater Wellington Region



Evaluation of the  
Regional Public Health  
Early Childhood Centre

# WELLBEING WORKSHOP

16 November 2015

KEEP LEARNING TAKE  
NOTICE CONNECT BE  
ACTIVE Give KEEP  
LEARNING TAKE NOTICE

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## ABOUT REGIONAL PUBLIC HEALTH

Regional Public Health (RPH) is a business unit of the Hutt Valley District Health Board (HVDHB) providing public health services to the greater Wellington region, including Wairarapa, Hutt Valley and Capital & Coast District Health Boards. Our business is public health action – working to improve the health and wellbeing of our population and to reduce health disparities. We aim to work with others to promote and protect good health, prevent disease, and improve quality of life across the population. We are funded mainly by the Ministry of Health and we also have contracts with the DHBs and other agencies to deliver specific services. We have 130 staff with a diverse range of occupations, including medical officers, public health advisors, health protection officers, public health nurses, analysts and evaluators.

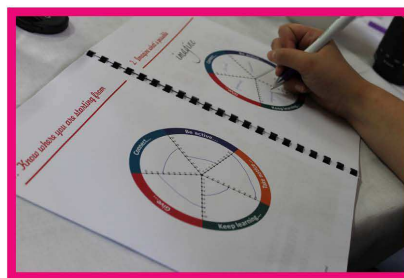
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# CONTENTS

Introduction.....	6
Background.....	6
Objectives.....	6
Workshop programme .....	7
Evaluation Method.....	8
Evaluation participants.....	8
Evaluation findings .....	9
Were the workshop objectives achieved? .....	9
Rating of the usefulness of the presentations .....	11
Participants’ expectations of workshop content .....	12
Quality of the venue.....	13
Rating of the overall event.....	14
How successful was the workshop at motivating the participants to make changes?.....	15
Which speaker motivated the participants the most?.....	16
Would participants recommend the workshop to other early childhood centre staff?....	16
Participants’ recommendations and comments .....	17
Discussion .....	18
Achievement of objectives.....	18
Usefulness of the presentations and participants’ expectations of workshop content ....	18
Motivation to change .....	18
Most motivating speaker .....	18
Participants’ rating of the venue.....	19
Rating of the overall event and recommendations for others to attend .....	19
Participants’ recommendations .....	19
Limitations of the evaluation .....	20
Conclusions and recommendations .....	21
Appendices .....	23
Appendix 1: Definitions of early childhood centres .....	23
Appendix 2: Five Ways to Wellbeing.....	25
Appendix 3: Save the date email.....	26
Appendix 4: Invitation .....	27
Appendix 5: Agenda (front).....	28
Appendix 5: Agenda (back).....	29
Appendix 6: Evaluation questionnaire .....	30



# INTRODUCTION

## Background

Regional Public Health's (RPH) Schools and Early Childhood team (the team) work with early childhood centre staff to support the health, safety and well-being of children attending early childhood centres (centres).

The team provides expert advice on the health and safety aspects of buildings, policies and procedures. This includes: providing information on the management of children's illnesses; supporting centres to manage outbreaks of infectious disease; and providing health reports to the Ministry of Education prior to the licencing of new centres. The team work with all early childhood services across the Wellington region, including mainstream, te Kōhanga Reo, and Pacific services (Appendix 1).

The team support the professional development of early childhood centre staff and has previously run several successful workshops focused on gastroenteric illnesses, mental health, skin infections, ear health and nutrition for staff of early childhood centres. For Kōhanga Reo staff the team have run specific hui and they have played a key role in the development of the annual Pasifika early childhood centre conferences.

In 2015, during visits to centres, several centre managers/owners expressed concern about centre staff 'running on empty'; their staff sickness levels were high and some staff were not taking time to look after themselves. In response to this concern, the team developed and co-ordinated a one-day workshop for mainstream centre staff. In contrast to previous workshops which had focused on the welfare of the children attending centres, this workshop took an innovative approach to focus on staff wellbeing; their mental wellness. The purpose of the workshop was to provide knowledge, tools, and resources to support staff to make informed decisions about their self-care; and in turn help them be positive role models for the children in their care.

## Objectives

The workshop objectives, and the choice of topics covered were based on the Mental Health Foundation's 'Five Ways to Wellbeing' (Appendix 2):

- I. Connect,
- II. Give,
- III. Take Notice,
- IV. Keep Learning,
- V. Be Active.



The objectives were that the workshop would:

1. increase participants' understanding of the importance of caring for themselves; and
2. give participants new information about how to care for themselves using the *Five Ways to Wellbeing* as a guide.

## Workshop programme

As the workshop had a focus on wellbeing, the environment that needed to be created had to support this. The venue, presenters, room set up, resources and use of the Mental Health Foundations *Five Ways to Wellbeing* were selected to create the desired atmosphere.

The workshop programme (see Appendix 5) consisted of five sessions, each reflecting one of the *Five Ways to Wellbeing*.

**Table 1: *Five Ways to Wellbeing* themes, session titles, and presenters.**

Theme	Session Title	Presenter
<b>Give</b>	Leading a life you love	Andrea Thompson, Catapult Leadership Consultancy
<b>Connect</b>	You being you	Ruth Richards, RPH Public Health Physician
<b>Take notice</b>	Mindful eating	Jane Wylie, RPH Public Health Dietitian
<b>Be Active</b>	Move your mood	Nicola Grace, Health Researcher, Triathlete and Mother
<b>Keep Learning</b>	Changing habits	Andrea Thompson, Catapult Leadership Consultancy

The presenters were chosen for their subject knowledge, presentation style, and ability to motivate. The presenters were given detailed guidance on what they needed to cover. They were also provided with the content of the other presenters' sessions, so they could reinforce each of the wellbeing messages.

A venue in Lower Hutt was chosen because it provided: a retreat like atmosphere; an outdoor space; a break-out room; a healthy menu; and was accessible from anywhere in the Wellington region.

Centre staff were first invited to the workshop through a "Save the date" email (Appendix 3), sent to 196 mainstream centres. This email was followed up with a detailed invitation by email (Appendix 4). Centre managers that had shown interest early in the year were also contacted directly by email or telephone. The number of participants was limited to 60, with a limit of two people per centre. Forty six staff registered from 31 centres (of the 46 registrations, two gave prior notice they could not attend, and three were unable to come on the day due to staffing issues and illness).

The workshop was held on 16 November 2015, with 51 participants attending. Forty one were early childhood centre staff and as this was a new workshop for RPH, 10 RPH staff members also attended. They included staff from the RPH Schools and Early Childhood teams in the Wairarapa and Hutt Valley, several staff in management roles and the two RPH staff who were also presenters.

Participants were given a *Reflection Workbook*, which contained resources about the presentations to support their learning. Participants were also given *goodie bags* which contained the Mental Health Foundation's *Five Ways to Wellbeing* resources, lip balms, stress balls, colouring-in sheets and vouchers from sponsors including Les Mills Hutt City gym passes, Hutt City Council swimming pool passes, and product samples from the Body Shop. Trilogy and Les Mills Hutt City also provided products for spot prizes.

## Evaluation Method

Participants were asked to complete a written evaluation questionnaire (Appendix 6), which provided the data for the evaluation. Completing the evaluation form was incorporated as a specific activity within the workshop near the end of the day, (rather than at the very end the workshop, to prevent participants from feeling pressured to complete the evaluation as they were leaving). The evaluation questionnaire included rating scales covering: the presentations; the venue; the overall event; and the extent to which the workshop objectives were met, as well as space for comments and recommendations.

Quantitative data was entered and analysed using Epi Info™ 7 software. If participants gave an ambiguous answer to Likert scale questions, the answers were coded as missing for that question. The qualitative data was coded independently by the two coordinators to identify common themes. The coding was then reviewed by a senior analyst.

## Evaluation participants

The evaluation forms were filled out by all attendees, giving a response rate of 100%. Fifty one evaluation forms were completed, 41 by centre staff, and the remaining forms were completed by RPH staff attending the event (not including the two coordinators). The two presenters who were RPH staff did not complete the ratings for their own presentations.



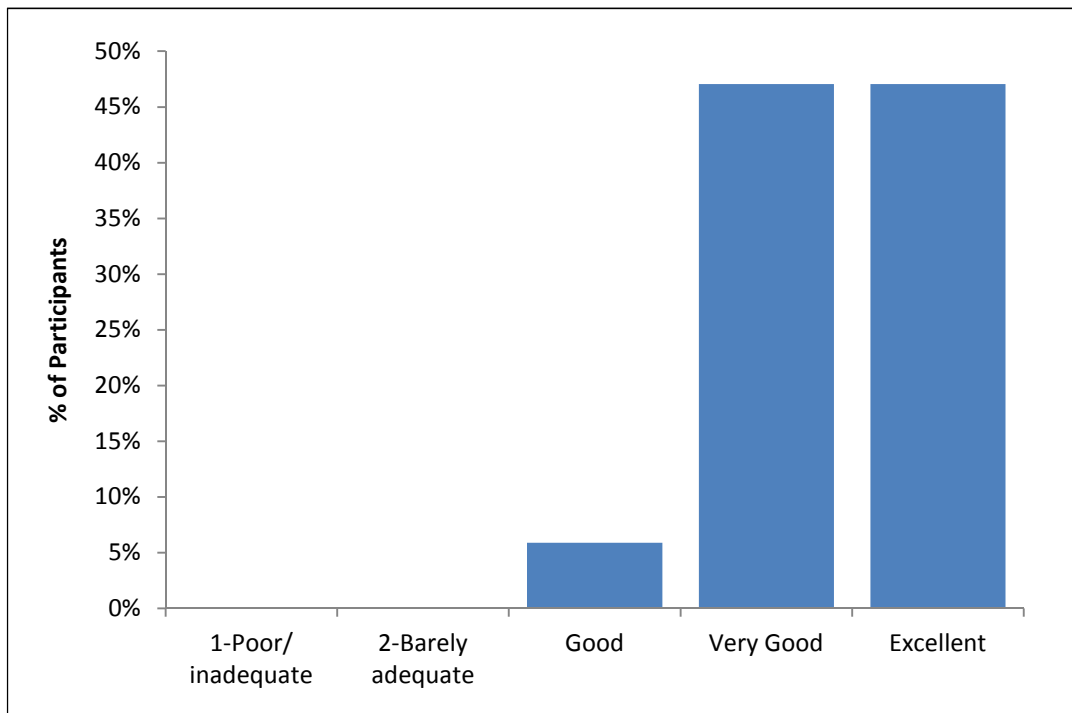


## EVALUATION FINDINGS

### Were the workshop objectives achieved?

Participants were asked to rate on a five point Likert scale from 1 - poor/inadequate, to 5 - excellent, “To what extent were the objectives for this workshop achieved?”

- a) “The workshop increased my understanding of the **importance** of caring for myself” (objective 1).



**Figure 1: Ratings of the extent to which objective 1 was achieved.**

#### *Observations about the ratings – objective 1*

- Participants rated the achievement of objective 1 very highly.
- Nearly all respondents 48/51 (94%) rated the achievement of objective 1 as very good or excellent.
- No respondents rated the achievement of objective 1 as poor/inadequate or barely adequate.

- b) "The workshop gave me **new information** about **how to care for myself** using the *Five Ways to Wellbeing* as a guide" (objective 2).

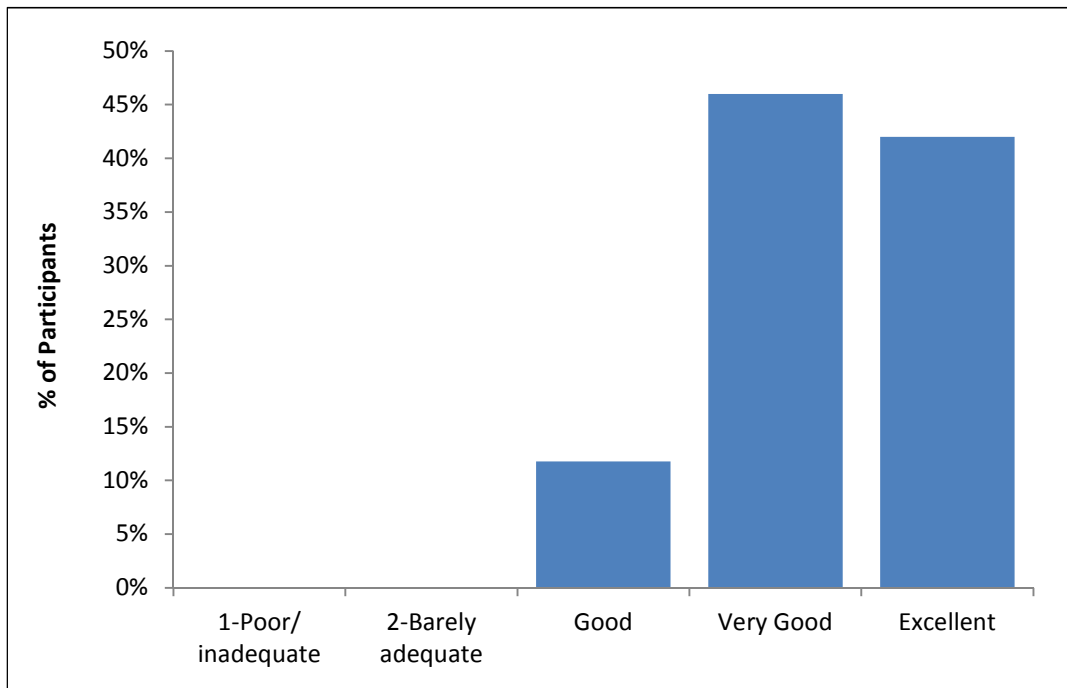


Figure 2: Rating of the extent to which objective 2 was achieved (n=50).

#### Observations about the ratings – objective 2

- Participants rated the achievement of objective 2 very highly.
- Most participants 44/50 (88%) rated the extent to which objective 2 was achieved as very good or excellent.
- No respondents rated achievement of objective 2 as poor/inadequate or barely adequate.

## Rating of the usefulness of the presentations

Participants were asked to rate the usefulness of each of the five presentations on a five point Likert scale from 1 - not at all useful, to 5 - extremely useful .

**Table 2: Rating of the usefulness of each of the five presentations.**

Presentation	Scale				n*	Extremely useful, Very useful or Useful
	5 - Extremely useful	4 - Very useful	3 - Useful	2 - A little useful		
<b>Lead a life you love</b>	36 (72%)	10 (20%)	4 (8%)	0	50	100%
<b>You being you</b>	10 (20%)	20 (40%)	15 (30%)	5 (10%)	50	90%
<b>Mindful eating</b>	6 (13%)	21 (44%)	17 (35%)	4 (8%)	48	88%
<b>Move your mood</b>	10 (20%)	18 (37%)	18 (37%)	3 (6%)	49	92%
<b>Changing Habits</b>	36 (73%)	11 (22%)	2 (4%)	0	49	100%

### Observations about the ratings - usefulness

- All the presentations were rated as extremely useful, very useful, or useful by at least 88% of participants.
- The large majority of participants rated **Changing Habits** and **Leading a Life You Love** as the most useful presentations, with both being rated as extremely useful, by at least 72% of participants.
- These results indicate most participants found all the presentations useful, with **Leading a Life You Love** and **Changing Habits** clearly standing out as being the two most useful presentations.

### Participants' comments about the presentations

The evaluation questionnaire gave participants the opportunity to write comments about the presentations.

- Of the forty participants that commented on the presentations, 80% (32/40) gave positive comments. *“Great group of speakers, all inspiring, kind and motivational, lovely!”*
- Ten of these participants (25%, 10/40) gave positive comments specifically about Andrea Thompson’s presentations. *“Andrea was exceptional, professional, prepared, humorous and informative. Provided excellent strategies”.*

- Eight participants 20% (8/40) raised issues about the presentations which included suggestions that :
  - visual aids such as Power Point could improve some presentations
  - presentations are more engaging if presenters do not read from notes
  - some presentations needed to be more focused; and
  - presenters should allow comments from the participants rather than providing the answers when participants raise an issue.

*(Note: Some participants made more than one comment so the percentage adds to more than 100%.)*

## Participants' expectations of workshop content

Participants were asked if there was anything they expected to learn at the workshop that wasn't covered. Participants who answered "yes", were then asked to comment about what was not covered.

- Eighty six percent (44/51) of participants answered "no" indicating there wasn't anything they expected to learn at the workshop that wasn't covered.
- Fourteen percent (7/51) of participants indicated there were things they expected to learn that were not covered.

### *Participants' comments about what they expected to learn at the workshop*

While seven participants indicated there was something they expected to learn that wasn't covered three of these participants commented that they had no expectations of what would be covered.

- One participant expected the workshop to include information about how to share what they had learnt with their staff.
- Three participants expected more content on mental health/illness such as depression and eating disorders or managing difficult emotions. *"I thought we might discuss strategies around - depression, anxiety, things like that and getting above it - more specifically than it was."*

## Quality of the venue

Participants were asked to rate the venue on a five point Likert scale from 1 - poor/adequate to 5 - excellent. Participants were also given space to add comments about the venue or the overall event.



**Figure 3: Participants' rating of the venue.**

- The venue was rated very highly, with 91% (46/51) of participants giving a rating of excellent or very good.
- No participants rated the venue as poor/inadequate or barely adequate.

### *Participants' comments about the venue*

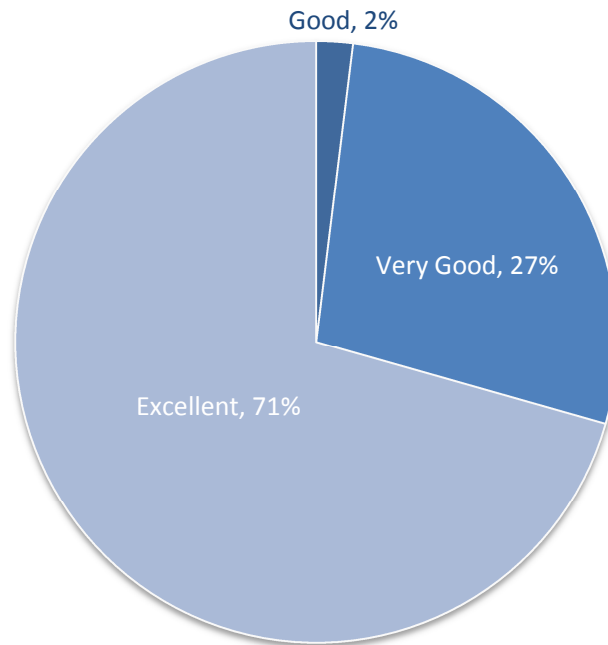
Fifteen participants commented on the venue.

- Sixty seven percent (10/15) of these participants gave positive comments: *"A great venue, beautiful food, table settings and atmosphere, coffee - help yourself etc. Felt very valued and 'important'. Good parking and location", "Perfect place to have it".*
- Thirty three percent (5/15) commented on the limitations of the venue including:
  - three comments about the room temperature being too hot
  - one comment about lack of parking
  - one comment about lights not being able to be adjusted; and
  - one comment suggesting a view would improve the venue.

*(Note: Some participants made more than one comment.)*

## Rating of the overall event

Participants were asked to rate the overall event on a five point Likert scale from 1 - poor/adequate to 5 - excellent. Participants were given space to add comments.



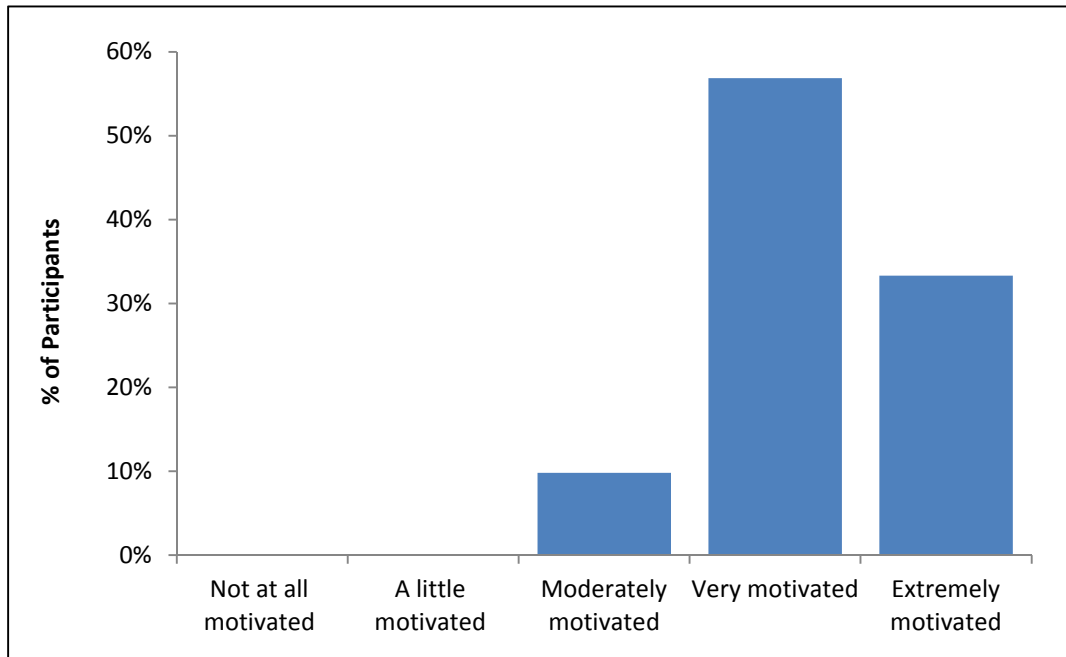
**Figure 4: Participants' rating of the overall event.**

Participants rated the event very highly, with 98% (50/51) of participants rating the overall event as excellent or very good.

- Fifteen participants commented on the overall event. All of these comments were positive: *"I found the venue and event amazing", "Fantastic event - please do it again!"*
- Thirteen participants commented on the food; all but one these comments were positive: *"Food was delicious and healthy."*
- One participant commented *"Food was great but there could be less."*
- Two participants commented about *"Good time keeping."*

## How successful was the workshop at motivating the participants to make changes?

Participants were asked to rate how motivated they were to make changes as a result of the workshop on a five point Likert scale from 1 - not at all motivated to 5 - extremely motivated.



**Figure 5: Participants' rating of how motivated they were to make changes as a result of the workshop.**

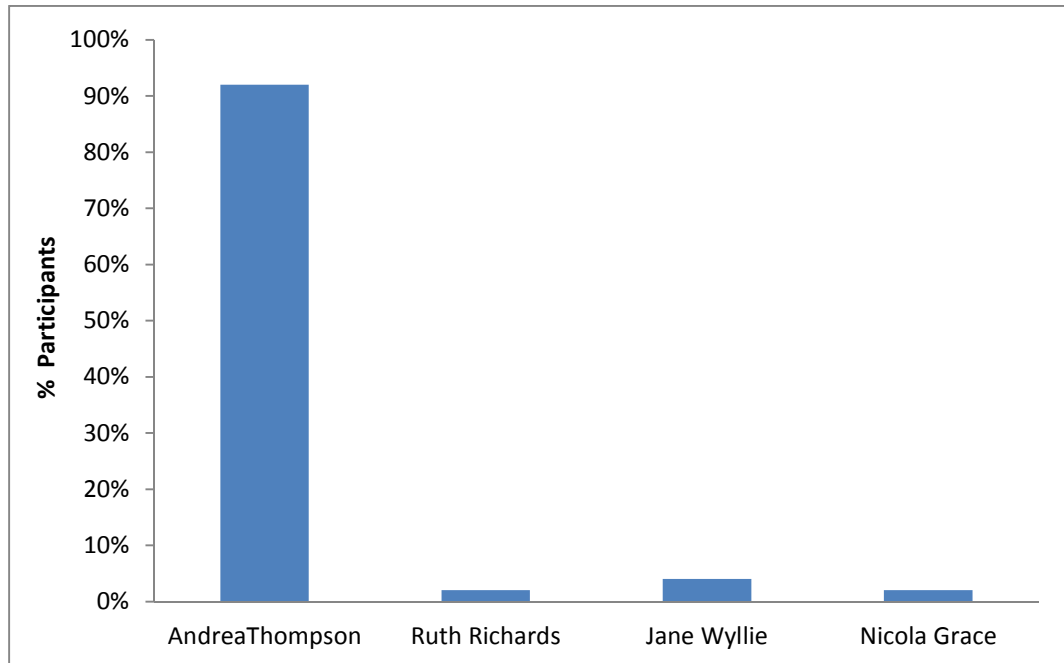
- The workshop very successfully motivated participants to make changes with 90% (46/51) of participants indicating they were extremely motivated or very motivated; the remaining 10% (5/51) reported they were moderately motivated.

This question assessed the participants' intentions to make changes as a result of the workshop. While this does not assess the extent to which participants follow through on their intentions and **actually** make changes, it does indicate that the workshop was very successful in bringing participants to the point where they were considering change (which is a necessary first step towards actually making changes).



## Which speaker motivated the participants the most?

Participants were asked to choose the one speaker they found the most motivating.



**Figure 6: The speaker the participants found the most motivating.**

Ninety two percent (45/49) of the 49 participants who answered this question found Andrea Thompson to be the most motivating speaker.

As this question was asking participants to choose only one speaker, it does not indicate the other speakers were not of high quality, but that Andrea Thompson was the one they found the most motivating. This rating could possibly be influenced by the fact that Andrea Thompson, who presented two sessions, is a professional motivational speaker and leadership coach, who was chosen as a keynote speaker based on the organisers' personal experience of her workshops.

## Would participants recommend the workshop to other early childhood centre staff?

Participants were asked whether they would recommend the workshop to other early childhood centre staff.

- All participants (100%) said they would recommend the workshop to other early childhood centre staff, which is a very strong endorsement of the workshop.

## Participants' recommendations and comments

Participants were asked to comment on any changes they recommended and/or any other comments about the workshop.

Twenty nine participants provided relevant recommendations/comments. The main theme in these comments was that the workshop was well done; and participants appreciated the opportunity to focus on their own wellbeing.

- Sixty nine percent (20/29) of those who commented made positive comments/requested the workshop was run again so that more early childhood staff could benefit from it:
  - *"We [would] love to see this day offered again so other team members could come along and gain what we have today. Great organisation, well organized day".*
  - *"You got it spot on. This is so very much needed in ECE sector".*
  
- Thirty one percent of those who commented (9/29) made recommendations which included the following:
  - *"Incorporate physical activity"*
  - *"More time for questions"*
  - *"Less talking with other participants on a personal level"*
  - *"Clearer detail in promotional material"*
  - *"Sponsors vouchers to be region wide"*
  - *"More time/depth on specific topics"*
  - *"Mini workshop for centres on weekends"; and*
  - *"If there are too many comments about how the presenters need to work on their own wellbeing - [participants will] question its' usefulness".*  
(This comment can be seen as suggesting if the presenters emphasise their own need to work on their wellbeing; this suggests the techniques do not work. The intention was to provide support by acknowledging that everyone needs to continually work on their wellbeing, which at times can be a challenge).



## DISCUSSION

The evaluation feedback indicates the workshop was very successful.

### Achievement of objectives

With the achievement of the objectives rated as very good or excellent by 92% of participants for objective 1 and 88% for objective 2 it is very clear the workshop very successfully achieved the objectives. The results indicate the workshop content and style provided a good fit with the objectives.

### Usefulness of the presentations and participants' expectations of workshop content

All presentations were considered useful/very useful or extremely useful by at least 88% of participants. This is a very strong endorsement of the choice of presentations for both the workshop overall and the material each of the presenters delivered. This finding suggests the presentations hit the mark in terms of providing information that participants were ready for and interested in hearing. The two presentations (**Changing Habits** and **Leading a Life You Love**) particularly stood out as they were both rated as extremely useful by at least 72% of participants.

The finding that most participants thought the workshop covered the content they expected, suggests the promotion/communication material used to recruit participants to the workshop was appropriate. For those who indicated some of their expectations were not met, they expected more information specifically about mental health (mentioned by three participants). This may indicate a need for this particular information and could be a useful area to consider if future workshops are run.

### Motivation to change

While the workshop achieved the two stated objectives of increasing understanding and providing information, the evaluation shows the workshop went further and successfully **motivated** participants to make changes. This finding suggests the workshop was very successful at communicating the value of change, in a way that engaged participants and influenced their attitude to actually making changes. This is a very positive outcome and shows the workshop exceeded its initial objectives.

### Most motivating speaker

Andrea Thompson was clearly the most motivating of the five speakers (chosen by 92% of participants). This is a very decisive result which needs to be considered in any decisions about future workshops. Because Andrea Thompson stood out so clearly as being the most motivational speaker, coupled with the fact that her two presentations were rated as the most useful, it is clear she played a pivotal role in the success of the workshop.

This has implications for any future workshops that RPH considers running, as the success may depend on including Andrea Thompson or someone with similar skills and content.

## Participants' rating of the venue

Participants were very positive about the venue. The venue was chosen because of the facilities it offered and the "retreat like atmosphere". The overwhelmingly positive response from participants suggests this was a very appropriate venue for this type of workshop. The comments about the room being too warm would need to be addressed if this venue was to be used to run further workshops. If an alternative venue is chosen it would be important to ensure that it has similar qualities to the Angus Inn.

## Rating of the overall event and recommendations for others to attend

The participants were very positive about the workshop with 98% rating the overall event as excellent or very good. A further validation of the workshop is that all participants (100%) said they would recommend the workshop to others, which clearly indicates the workshop had tapped into an unmet need.

Given that most of the work the team does is around the health and safety of the children attending early childhood centres, focusing this workshop on staff wellbeing was a novel approach. For early childhood centre staff, having an opportunity to do something positive for themselves (as opposed to their usually singular focus on children's health), was obviously welcomed with enthusiasm, as was illustrated by the ratings and the comments.

While the workshop provided an opportunity to learn self-care, it also gave staff the message that their wellbeing is important and there are practical ways to look after themselves amidst the busy demands of their work. Given the comments that instigated the workshop, were about teachers "running on empty", this workshop appears to have met the challenge of providing something of real value to those who attended.

## Participants' recommendations

The main recommendation was that the workshop should be offered more widely to early childhood centre staff, which was taken as a further endorsement of the value of the workshop. Given the very positive feedback, it is no surprise that the only other recommendations were focused on the detail of how the sessions were run, rather than about the content of the workshop.



## LIMITATIONS OF THE EVALUATION

This was a small scale evaluation which used written feedback from participants gathered during the actual workshop. The evaluation was completed by all participants and therefore represent the views of all those who attended the workshop. However, it is important to acknowledge that of the 51 participants, 10 (20%) were RPH staff. This may have influenced the results, as the RPH staff may have tended to rate the workshop more highly. The primary audience for the workshop was early childhood centre staff, but as the surveys were completed anonymously it was not possible to analyse their survey results separately from those of the RPH staff. The overall evaluation results were very positive, with 100% of the participants recommending the workshop should be offered more widely to early childhood centre staff. Therefore, it is reasonable to conclude that early childhood centre staff participants viewed the workshop very positively, and the results would have been relatively similar if the evaluation had not included feedback from the RPH staff.

As the workshop was open to staff from any mainstream centre, there was no particular type of centre staff that the workshop was trying to attract. Therefore the evaluation did not include information about the type of centre that the participants came from (e.g. size of centre, commercial versus not-for profit centres etc.).

The evaluation questionnaire included a question about the three things participants found most valuable at the workshop. This data is not included in the report as, after looking at the data, we realized it was not going to be able to provide the information we were looking for, and the remaining questions largely gave us the information we required.

As the evaluation questionnaire was completed at the time of the workshop it did not include feedback from participants after they had time to reflect on the usefulness of the workshop to their everyday lives.



## CONCLUSIONS AND RECOMMENDATIONS

The evaluation shows that the workshop very successfully increased participants' understanding of the need for self-care and provided the information and motivation for many to consider taking action. Participants indicated that the material covered was very relevant and the presentations were rated highly. The key role that Andrea Thompson played in the success of the workshop was clearly shown in the evaluation.

### *Presenters*

If planning for any further workshops, consider Andrea Thompson's pivotal role and either include her or consider an alternative professional presenter with similar motivational appeal.

Presenters need to be well prepared and familiar with their topic, so they do not have to read their notes. It would be useful to consider whether presentations could be enhanced by presenters having visual aids such as a PowerPoint. Feedback indicates that presenters need to encourage comments/discussion when participants raise an issue, rather than providing the answers themselves. In regard to discussion between participants, it is important to consider the appropriateness of asking participants to talk about personal issues with other participants, as this may be uncomfortable for some, depending on the subject matter. There may be alternative approaches that could be more acceptable for sensitive topics.

### *Workshop Content*

Consider including information about mental health issues such as depression and anxiety and how to manage if you or someone you know is experiencing mental health issues.

### *Venue*

If the same venue is being used it would be important to ensure the room temperature can be controlled, and kept in an acceptable range. If an alternative venue is used it would be important select somewhere with similar key features to the venue used for this workshop.

### *General*

Further recommendations that could be considered are:

- include physical activity in the workshop
- if possible provide region wide vouchers
- provide extra time for questions; and
- ensure promotional material provides a clear idea of the objectives of the workshop and who the workshop is targeting.

### *Future Evaluation*

A future evaluation could look at understanding in more detail, how the participants found each of the presentations to find out if there are any improvements that can be made. It would also be useful to know whether the participants have been able to use the information they gained from the workshop in their usual work. This could be done through a follow up telephone interview with a sample of participants 4 - 6 weeks after the workshop, to gauge to what extent participants have been able to implement what they learnt at the workshop. In future evaluations, it is recommended to omit the question about the three things participants found most useful at the workshop. It would be important for any future evaluation to be able to analyse the data based on what group the participants were from (i.e. whether they were centre staff, RPH staff etc.) so a separate analysis can be done for each group.





## APPENDICES

### Appendix 1: Definitions of early childhood centres

#### *Mainstream early childhood centres*

Education and care services can be privately owned, owned and operated by a community group, or operated in an organisation for employees with young children. Some have a particular language and cultural focus; others have a specific set of beliefs about teaching and learning, for example, Rudolph Steiner and Montessori.<sup>1</sup> Regional Public Health includes Playcentre and Kindergartens as mainstream settings.

#### *Te Kōhanga Reo*

Te Kōhanga Reo is a Māori development initiative, aimed at maintaining and strengthening Māori language and philosophies within a cultural framework inspired by Māori elders in 1982.<sup>2</sup>

Te Kōhanga Reo offers a Māori immersion environment for tamariki and their whānau, and caters to tamariki from birth to school age.

The following key goals are the foundation of te Kōhanga Reo kaupapa established in 1982:

- total immersion in te reo Māori me ōna tikanga in daily operations
- whānau decision-making, management and responsibility
- accountability; and
- health and wellbeing of mokopuna and whānau.

The key goals of te Kōhanga Reo assure that there will be:

- security in te reo Māori
- a supportive, caring environment for mokopuna
- whānau (collective) sharing of responsibilities, knowledge and expertise; and
- greater respect and appreciation for each other.<sup>1</sup>

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<sup>1</sup> Education.govt.nz. Retrieved from <http://parents.education.govt.nz/early-learning/early-childhood-education/different-kinds-of-early-childhood-education/>. May 2016.

<sup>2</sup> Te Kōhanga Reo National Trust. Retrieved from: <http://www.kohanga.ac.nz/>. May 2016.

### *Pacific services*

Pacific early childhood services are managed and run by communities of Pacific peoples and educate children in at least one Pacific language and culture. Depending on the goals of the community, the service may be bilingual or immersion, with some being multilingual and multicultural. A service is considered Pasifika bilingual if Pasifika language was used as the language of communication for at least 12 percent and up to 80 percent of the teaching contact time. A service is considered Pasifika immersion if Pasifika language was used as the language of communication for at least 81 percent of the teaching contact time.<sup>3</sup>

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<sup>3</sup> Education Review Office. Use of Equity Funding in Pacific early childhood service. October 2013. Wellington, New Zealand.

## Appendix 2: Five Ways to Wellbeing

**WINNING WAYS TO WELLBEING**

- CONNECT**  
TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED
- Give**  
Your time,  
your words,  
your presence
- TAKE NOTICE**  
REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY
- KEEP LEARNING**  
EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF
- BE ACTIVE**  
DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 **Mental Health Foundation  
of New Zealand**  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

## Appendix 3: Save the date email



The graphic is a rectangular flyer with a light blue background. On the left, there is a white line-art illustration of a flower with a long stem and two leaves. The text 'Staff Wellbeing Workshop' is written in a large, pink, cursive font, partially overlapping the flower. To the right of the flower, the text 'FREE Professional Development Opportunity' is written in a bold, teal, sans-serif font. Below this, a teal rounded rectangle contains the date and location information in white text. To the right of the teal box, there is a small white line-art illustration of a person's head in profile, wearing glasses. At the bottom right, the 'Regional Public Health' logo is displayed, featuring a stylized diamond shape with a cross inside, and the tagline 'Better Health For The Greater Wellington Region'.

**FREE Professional Development Opportunity**

When you take time to look after yourself, you are benefiting everyone around you!

**Staff Wellbeing Workshop**

**Monday, November 16, 2015**  
**The Angus Inn, Cnr Waterloo Road & Cornwall Street, Lower Hutt**  
**9.15am - 3.30pm – Lunch provided**

Save the date! We will have registration and agenda details out to you by 28 September.

Regional Public Health  
Better Health For The Greater Wellington Region

## Appendix 4: Invitation



The flyer is a light blue rectangular card with a white border. On the left side, there is a stylized white line-art illustration of a flower with a long stem and two leaves. The text 'Staff Wellbeing Workshop' is written in a large, pink, cursive font, with the stem of the flower curving around it. To the right of the title, there is a teal rounded rectangle containing the date, location, and time. Below this, there is a pink rounded rectangle with registration information. At the bottom left, there is a small butterfly icon and the 'Five Ways to Wellbeing' slogan. At the bottom right, there is the 'Regional Public Health' logo and tagline.

**FREE Professional Development Opportunity**

When you take time to look after yourself, you are benefiting everyone around you!

**Staff Wellbeing Workshop**

**Monday, November 16, 2015**  
**The Angus Inn, Cnr Waterloo Road & Cornwall Street, Lower Hutt**  
**9.15am - 3.30pm – Lunch provided**

Register by 28 October  
Limited spaces - maximum two people per centre

Please email your name, centre name, cell phone number and any dietary requirements to [healthyecc@huttvalleydhb.org.nz](mailto:healthyecc@huttvalleydhb.org.nz)

The day will cover:

- Leading a life you love – Andrea Thompson, Catapult Leadership Performance
- You being you – Dr Ruth Richards, Regional Public Health
- Move your mood – Nicola Grace
- Mindful eating – Jane Wyllie, Public Health Dietitian
- Personal goals – Andrea Thompson, Catapult Leadership Performance

*Five Ways to Wellbeing | Connect, Be active, Give, Take notice, Keep learning*

Regional Public Health  
Better Health For The Greater Wellington Region

## Appendix 5: Agenda (front)

# Agenda

9.15 Arrival

**9.30 Start**

9.45 'Leading a Life You Love'

**10.30 Light morning tea**

10.50 'You Being You'

11.30 Reflection from morning and colouring in

**12 noon Lunch**

12.45 'Mindful Eating'

1.15 'Move Your Mood'

2.00 Reflection from afternoon

2.15 'Creating Habits'

3.00 Evaluation and closing



*Five Ways to Wellbeing | Connect, Be active, Give, Take notice, Keep learning*

## Appendix 5: Agenda (back)

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### About the Presenters

#### **Andrea Thompson, Catapult**

Coming from a background in law and management consultancy, Andrea runs the Catapult leadership consultancy with partner Nick Sceats. The company runs leadership programmes and consultancy helping people, organisations and communities to 'unleash brilliance'. Andrea and the Catapult team have designed leadership programmes for clients such as ACC, the Ministry of Health and PGG Wrightson. Andrea has worked with over 20,000 people over the last two decades.

#### **Dr. Ruth Richards, Regional Public Health**

Ruth is a public health physician who trained as a doctor in Leeds and came to New Zealand in 1976. She has had an eventful journey in her 40 year medical career which includes work in paediatrics, emergency medicine, hospital management, public health management, three years with the Health Funding Authority, as well as 10 years in health and social policy at the Ministry of Health, Ministry of Social Development and Families commission before returning to health promotion at Regional Public Health.

#### **Jane Wyllie, Public Health Dietician, Regional Public Health**

Jane's career as a dietitian has spanned 30 years in a variety of settings. She began with clinical nutrition in hospitals, and then developed her own private practice, specializing in weight management and sports nutrition, including working with elite athletes and with the School of Dance. Jane has worked at Regional Public Health for the last 8 years in the school and early childhood team. During this time she has delivered a variety of nutrition workshops to early childhood staff and cooks. Jane is passionate about communicating the importance of good nutrition as early as possible in life, and supporting those people who are involved daily in the lives of our treasured young people.

#### **Nicola Grace**

Nicola Grace is a health researcher, a triathlete and a mum. Her main interest is around health and wellbeing with a particular focus on healthy lifestyles, fitness and weight loss. This interest comes from Nicola's personal journey of losing a significant amount of weight, changing her lifestyle and enjoying the positive experiences that have come from that change. Nicola is the co-President of TriPōneke, a whānau group based in Wellington who support others in their training towards events and healthy lifestyles. She has recently completed her Masters in Social Policy at Victoria University. The masters evaluated a Kaupapa Māori weight loss and lifestyle change programme. Nicola has been a researcher at the Health Services Research Centre, Victoria University of Wellington for the past seven years. She has also presented her lifestyle story to a number of community groups in Wellington and is currently training towards Ironman New Zealand 2016.

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Appendix 6: Evaluation questionnaire

REGIONAL PUBLIC HEALTH EARLY CHILDHOOD CENTRES

*Wellness Workshop Evaluation*

16 NOVEMBER 2015

1. How would you rate the following; To what extent were the objectives for this workshop achieved?					
	Poor/ inadequate	Barely adequate	Good	Very Good	Excellent
a The workshop increased my understanding about the <b>importance</b> of caring for myself	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
b The workshop gave me <b>new information</b> about <b>how to care for myself</b> using the Five Ways to Wellbeing as a guide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How would you rate the usefulness of each of the presentations listed below:					
	Not at all useful	A little useful	Useful	Very Useful	Extremely useful
a Leading a Life You Love, Andrea Thompson	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
b You Being You, Ruth Richards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c Mindful Eating, Jane Wyllie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d Move Your Mood, Nicola Grace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e Changing Habits, Andrea Thompson	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. a) Do you have any comments about the presentations?
3b) What are the three things you found most valuable today?
1)
2)
3)

3c) Was there anything that you expected to learn today that wasn't covered?

Yes  No

3d) If yes, please comment

4. How would you rate the quality of following:

	Poor/ inadequate	Barely adequate	Good	Good very	Excellent
a The venue?	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
b The overall event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c Any comments on the venue or overall event?					

5. How motivated are you to make changes as a result of this workshop?

	Not at all motivated	A little motivated	Moderately motivated	Very motivated	Extremely motivated
	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

6. Which speaker motivated you the most? (Please choose one speaker)

a Andrea Thompson, Leading a Life You Love and Changing Habits	<input type="radio"/>
b Ruth Richards, You Being You	<input type="radio"/>
c Jane Wyllie, Mindful Eating	<input type="radio"/>
d Nicola Grace, Move Your Mood	<input type="radio"/>

7. Would you recommend this workshop to other Early Childhood Staff?

Yes  No

8. Please let us know of any changes you recommend or other comments about this workshop?