

# BEHV 5004 WELLBEING ECONOMY

**Credit Points** 10

**Description** The Wellbeing Economy is an emerging global movement aimed to disrupt and transform dominant macro-economic systems focused on economic growth. Proponents of the Wellbeing Economy argue that individual, community and societal wellbeing should be the measures of a successful economy. Major shifts in government and business sector accountability for social justice and 'wellness' outcomes are predicted over the coming decade. At the micro level, what will it mean to live, work and lead in a wellbeing economy? What new knowledge, skills and attitudes will be required on the ground? In this subject traditional and emerging theories and concepts of wellbeing will be explored, critiqued and reimagined. Real world examples of holistic approaches to wellbeing in business and industry contexts will be investigated and applied to your unique, authentic contexts. You will build your capacity to problem-solve and plan for wellbeing outcomes in your individual spheres of influence. Engaging leaders across industries will share their experiences through online learning activities and resources. At the conclusion of this subject, you will have enhanced knowledge and skills to develop, at scale, strategies and plans that support individual, community and organisational wellbeing.

**School** Psychology

**Student Contribution Band** HECS Band 1 10cp

**Level** Postgraduate Coursework Level 5 subject

## Restrictions

Students must be enrolled in a postgraduate program.

## Learning Outcomes

After successful completion of this Subject, students will be able to:

1. Identify emerging concepts, themes, and trends for a wellbeing economy
2. Critically evaluate inclusive and exclusive measurements of economic growth
3. Apply psychological theories and concepts of human behaviour to enhance human performance and wellbeing, including from Indigenous psychology
4. Reflect on and transform personal theories and concepts of wellbeing applied in organisational settings
5. Create and communicate a plan to address barriers to wellbeing within an organisational context

## Subject Content

The Foundations of the Wellbeing Economy

- Framing the Wellbeing Economy
- The Principles of the Wellbeing Economy

People and Health in the Wellbeing Economy

- Growth sectors of the Wellbeing Economy
- Health and productivity in organisations

Advancing Wellbeing in your Organisation

- Supporting inclusivity and diversity
- Wellbeing as a compass for organisational policy and culture

Understanding Human Behaviour

- Beliefs, Values and Emotions
- Motives, Motivation and Behaviour

Human Behaviour in Work Context

- Individual differences, diversity
- Roles and talent development, work culture and job satisfaction

Mental Health in Work Context

- Psychological injury, mental health risk, recognition, prevention and intervention
- Indigenous mental health models: Social and Emotional Wellbeing

## Special Requirements

Essential equipment

Computer and internet access

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task
Professional Task	1,000 words	25	N	Individual
Reflection	1,000 words	25	N	Individual
Applied Project	PPT presentation 10 minutes and 1,000 word report	50	N	Individual

Teaching Periods