

STEPS TO LEAPS **WELL-BEING**

Dimensions of Wellness Facilitator Guide

Course Description

This course introduces participants to the eight dimensions of wellness and the importance of a well-rounded balance of the dimensions to their personal well-being. Participants assess themselves in each dimension and develop an action plan to improve their well-being.

Use this grab-and-go content with any class, organization or group where introducing participants to well-being and how to live out the eight dimensions of wellness is applicable.

The course is designed to take approximately 45-50 minutes. The course can be easily divided into a series of shorter segments if needed. You have access to the course for one year but can re-register at no cost to extend your access.

Learning Outcomes

Successful completion of this course will prepare participants to:

- Understand the eight co-dependent dimensions of well-being.
 - Assess their wellness in each of the eight dimensions.
 - Develop an action plan to balance their wellness in the different dimensions.
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Course Content

The course structure consists of learning topics, which include:

- What is well-being?
 - Eight dimensions of wellness
 - Self-assessment
 - Reflection
 - Action plan
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Facilitator Materials

- Facilitator Guide.
 - PowerPoint presentation.
 - Wellness Assessment. Distribution options:
 1. Print and distribute paper copies or
 2. Participants complete online:
https://purdue.ca1.qualtrics.com/jfe/form/SV_3KpjbU5fC2NmBiS
 - Action Plan exercise. Distribution options:
 1. Print and distribute paper copies or
 2. Email the exercise fillable PDF to participants to complete on their laptops during the session.
 - Course evaluation survey for participants:
https://purdue.ca1.qualtrics.com/jfe/form/SV_e9b0PA0svpgrYHA
 - Attendance and Course evaluation survey for facilitators in Brightspace.
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Participant Materials

- Writing utensil or laptop for assessment and exercise.
 - Smartphone or laptop for course evaluation survey.
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PowerPoint Presentation

The course takes about 45-50 minutes to complete. Estimated time for each section is provided in the detailed agenda on the next page. Your actual time may vary depending on participant interaction and discussion.

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Slide(s)	Estimated Time	Topic	Instructions
1-2	1 min.	Welcome and agenda	Welcome participants, introduce yourself and review the agenda.
3	2-3 mins.	What is well-being?	Use the notes in the PowerPoint slide for instructions and discussion points.
4-6	10 mins.	Eight dimensions of wellness	Use the notes in the PowerPoint slide for instructions and discussion points.
7	10-15 mins.	Self-assessment	Distribute self-assessment.
8	5 mins.	Reflection	Use the notes in the PowerPoint slide for instructions and discussion points.
9	15 mins.	Action plan	<ul style="list-style-type: none"> • Distribute action plan exercise.
10	3 mins.	Closing	<ul style="list-style-type: none"> • Share Steps to Leaps resources. • Participants scan QR code and complete evaluation survey. • Facilitator completes attendance and course evaluation survey in Brightspace.

Acknowledgments

The Dimensions of Wellness course is provided by the Vice Provost for Student Life. The course was created and developed by the Purdue Recreation and Wellness team.

About Steps to Leaps

Steps to Leaps is a set of five convenient self-assessment pillars to help students build lifelong habits that lead to more resiliency, self-confidence, financial literacy and a growth mindset: Well-Being, Leadership, Impact, Networks and Grit/Persistence.

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Steps to Leaps is a holistic program focusing on the core aspects of enhancing and improving student character and well-being. Grounded in the unique attributes of Generation Z, it provides students with tools, resources and support to build resiliency and tenacity for all aspects of their lives and establish lifelong habits to help them realize their personal definitions of success.

Contact Information

Contact StepstoLeaps@purdue.edu or visit the [Steps to Leaps website](#) for more information.