

Together: Te Oranga o te Katoa

A new bi-cultural InFlow Learning programme by *Umbrella* incorporating our wellbeing book, bite-sized eLearning and instructor-led training.



The book

A holistic, Aotearoa-centric wellbeing book developed by Umbrella's expert team of researchers, psychologists, and cultural advisors.

Our book is an easily accessible and locally relevant wellbeing resource for people in the communities and workplaces around Aotearoa as well as their whānau.

Highlighting the importance of the social and environmental contexts we all live in, our book provides practical evidence-based strategies for improving the wellbeing of all.

eLearning*

Our new eLearning was developed using book content and translated into bite-sized, engaging online learning. With over 40 courses available, learners can “pick and mix” their learning pathway based on current wellbeing goals and learning preferences.

Content includes video guidance from our psychologists and researchers, alongside engaging short lessons developed to strengthen new and existing wellbeing skills and knowledge.

Instructor-led training*

Participants are provided with 24/7 access to eLearning courses, plus three psychologist-led group training sessions. These facilitated sessions help people gain maximum benefit from their learning, as well as developing skills and awareness through regular wellbeing check-ins and peer support.

Group training sessions can be delivered online or in-person.

**The book is available as an optional add-on to this programme.*

Who is this programme for:

- Large organisations who are looking for evidence-based accessible learning for their kaimahi/employees
- SMEs who want to provide self-guided learning for their kaimahi
- Kiwis interested in improving their own wellbeing and the wellbeing of their whānau

**Get in touch
with our
friendly team**

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Benefits

Bite-sized accessible learning

We developed this programme to suit different learning preferences and busy schedules. Short online courses and brief group sessions provide the flexibility to build and maintain new and existing wellbeing skills to better face the challenges of everyday life.

Evidence-based practical lessons

Learn how to apply practical strategies for improving yours and others' wellbeing and developing new healthy habits, while recognising and building on existing strengths.

Strengthens bi-cultural awareness

We have used Te Whare Tapa Whā as our guiding model, as well as drawing on the most up-to-date wellbeing science and psychological research, with a particular emphasis on collective wellbeing.

Request a free trial today 