



OSFO AGM



HOPE Leaders for Sport

Project definition and Scope

Statement of Intent:

OSFO is supported, connected and united in the practice of **Wellbeing Literacy Education**, enhancing the wellbeing, adaptability and performance outcomes of athletes and coaches, working collaboratively to create Oceania best practice.

Desire for athletes:

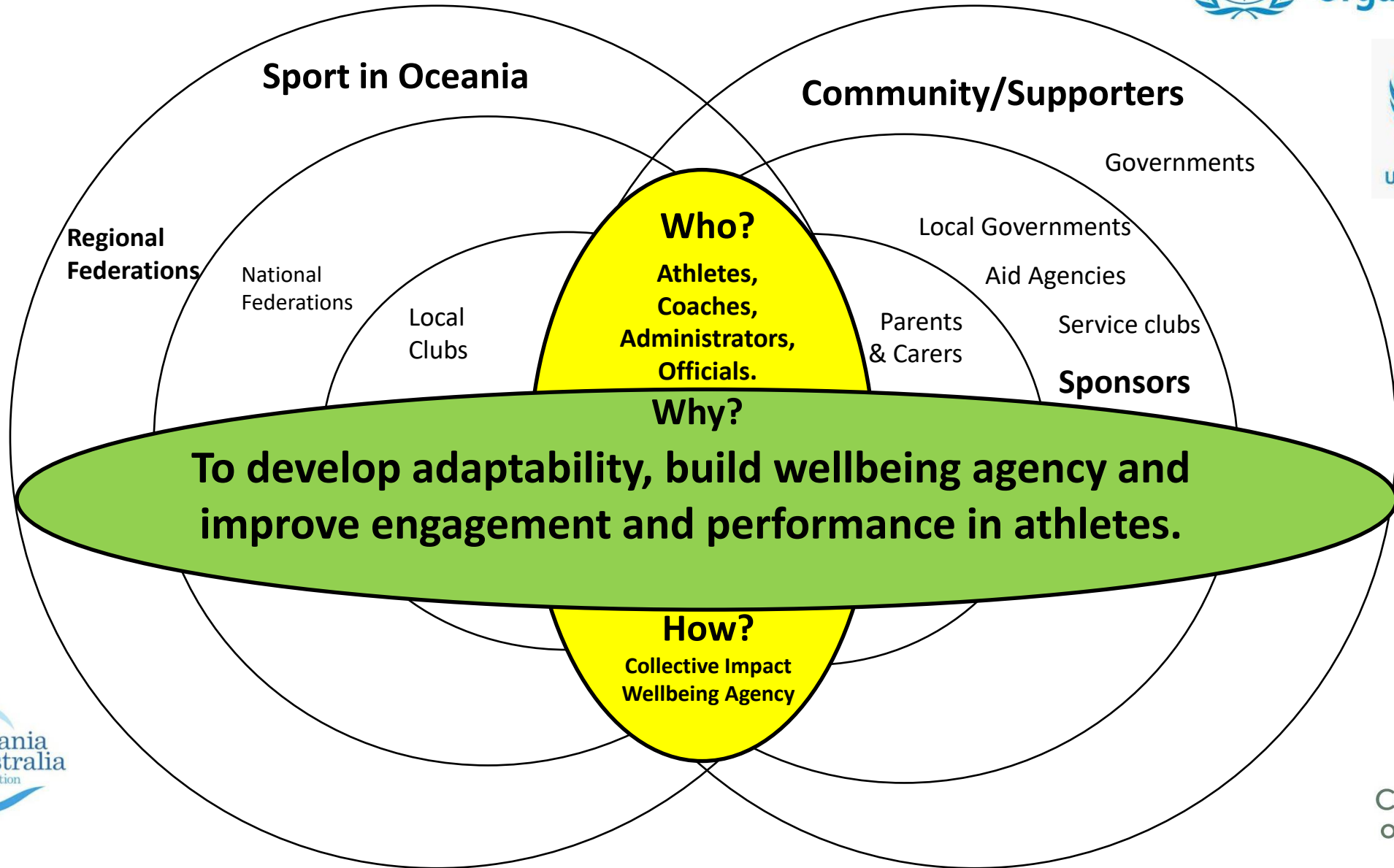
Athletes are flourishing as part of a healthy and thriving sporting community

Aim:

To raise the wellbeing, adaptability and performance outcomes of athletes, coaches, officials and administrators of athletics globally

HOPE Leader Network:
Community of Practice

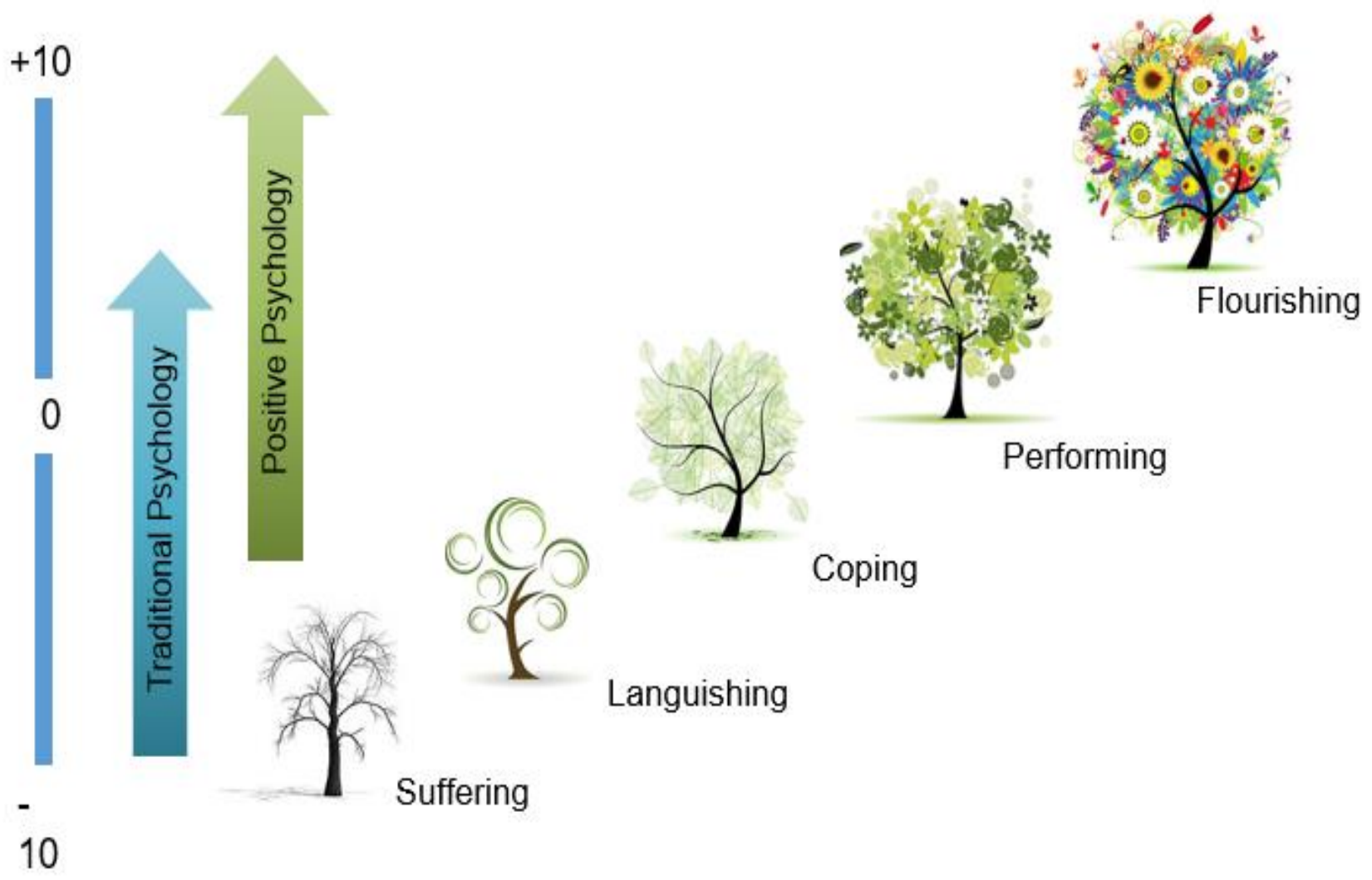
Oceania Sport Eco System



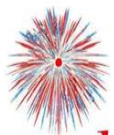
Sport Partners



Education Partner



Our world is changing



Flourish

MARTIN
SELIGMAN

BESTSELLING AUTHOR OF
AUTHENTIC HAPPINESS

P

Positive Emotion

The presence of heartfelt positivity to boost your resilience.

E

Engagement

The development of your strengths to boost your confidence.

R

Relationships

The opportunity for genuine connections and community.

M

Meaning

The chance to make a positive difference for others.

A

Accomplishment

The ability to learn and grow, so you can achieve what matters to you most.

H

Health

Moving, sleeping, and eating well to give you the energy you want.

WellBEing Agency



Feed a man a fish and
you feed him for day,

Teach a man to fish and
you feed him for a
lifetime.

Practice (IMPACT)

Language

Behaviours

What we say
and how we
say it

What we do
and how we
do it

I = Inspire
M = Mentor/Coach
P = Purpose
A = Agency
C = Compassion
T = Trust

Practice (Conversations)

What and how
we think –
Mindset

Practice (Agency)
The Science of
Wellbeing PERMAH

Wellbeing Agency = IMPACT



Thinking

Whole Sport approach to WellBEing:

The Aims:

- To **lead** and initiate the implementation of wellbeing knowledge, skills, processes and practices.
- To **measure** the wellbeing of the Oceania sporting community.
- To **build** wellbeing capabilities in individuals, teams and organisations and create a positive climate that optimises wellbeing across the sporting community.
- To **sustain** by embedding wellbeing practices across the sport.

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Wellbeing Literacy Education HOPE Leaders (Head of Positive Engagement)



HOPE leader - training

- **Pre ad Post survey** – PERMAH survey www.permahsurvey.com
- **8 weeks of skills, knowledge and practice training – 90 minutes per week**
 - Understanding WellBEing
 - Discovering Super Powers
 - Positive Engagement – exploring flow
 - Regulating Emotions
 - Building High Quality Connections
 - Mindsets for Success
 - Driven by Purpose
 - Wellbeing Agency and IMPACT – Paying it Forward

HOPE leaders – Champions of change

- **IMPACT Project – 2 weeks x 2 ½ hours**

- Becoming a change agent
- Project designed and delivered for a sport or the region
- 10 weeks coaching
- Showcase of projects.

- **Community of Practice – ongoing as required**

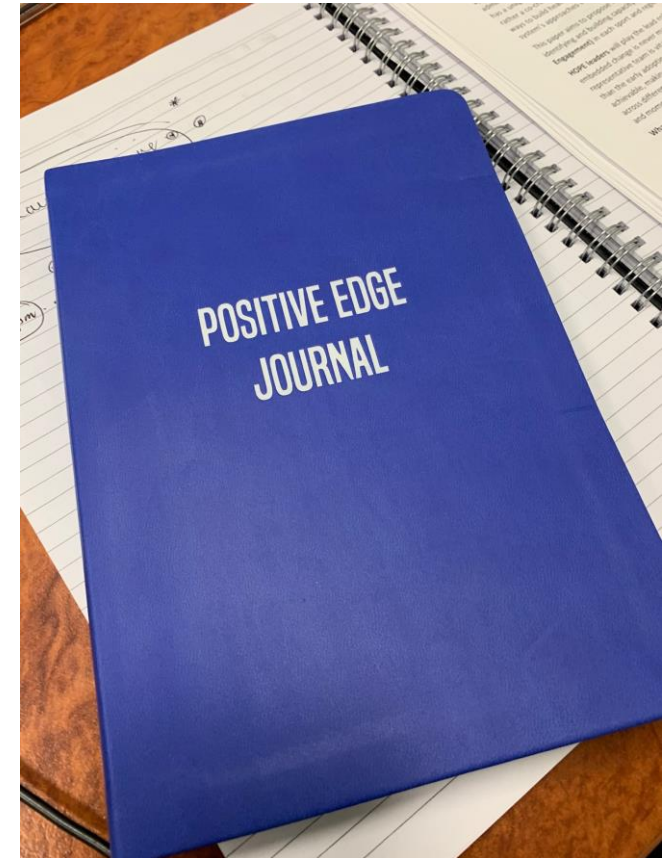
- Ongoing learning series – continuous learning
- Appreciative Inquiry process
- Theory U – knowledge and practice
- Coaching Practices

I = Inspire
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C = Collaboration
T = Transformation

HOPE leaders – Implementation

- **Positive Edge Journal**

- A journey to wellbeing agency
- Distributed in print, online and in person workshops, tailored for OSFO.
- 52 week online program to support the journal implementation
- Wellbeing measurement pre and post the implementation of the journal



Other Potential Training Offerings

Wellbeing Fast Tracks

Building a PERMAH wellbeing toolbox:

- Stress less
- Leverage your neurological strengths
- Connect with anyone
- Embrace struggle
- Find meaning in any task
- Care for your physical health



Other Potential Training Offerings

Leading to Thrive - for Leaders....

- Let go of outdated leadership beliefs so you can turn uncertainty and disruption to the advantage of you and your team.
- Get clear and committed on the positive difference and purpose only you and your team can make for others.
- Create a culture of care with easy and effective routines, rituals and role-models that enhance your people's performance and wellbeing.
- Learn how to coach positive changes in behaviours so you can bring out the best in people.

Questions?



Thank
you!!!
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