About this course:

All planning, policies and initiatives can potentially affect the health of a community. Broadly Speaking is a free training workshop that brings together people from across the health sector, local government, and a wide variety of organisations, to unpack the complexities of wellbeing in our population.

Through a series of workshop-based discussions and activities, Broadly Speaking is designed to encourage collaborative action by inspiring you to broaden the role that you play in advocating for improved population health outcomes.

The programme draws on the experiences and knowledge of the participants. Participants are able to look at a relevant issue through a completely different lens, and hear a wide variety of perspectives. Broadly Speaking helps you identify potential opportunities and partners as you plan next steps for positively influencing community wellbeing.

Experienced facilitators and public health practitioners from Community and Public Health deliver the programme over two half-day sessions.

What you’ll be learning:

Through this course you will:

- Explore factors or ‘broad determinants’ that impact upon the health of individuals, communities and populations.
- Consider actions that can address the causes of poor health and health inequities.
- Identify opportunities to plan for positive population health outcomes that are relevant to your role and workplace. Learn the power of wider conversations to bring about change.
- Leave with a plan of action – know what your next step will be.

“I had a light bulb moment. I found myself thinking about inequality in a different way. I left the course feeling that I had some tools to make a difference, even though my work is mostly computer and office based. This course was fantastic.”
- Information Systems Analyst.
What does this course involve?

- Pre-workshop reading and reflection is required prior to each session (each approximately 30 minutes in duration).
- Two half-day interactive workshops held two weeks apart.
- Developing a plan for positive action.

Who is the course for?

- Staff from local government organisations concerned with health and wellbeing
- People working in the Canterbury or West Coast health system
- Anyone working towards improving the health and wellbeing of their community

2019 course dates:

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Facilitators: Experienced practitioners from Community & Public Health
Location: Community & Public Health, 310 Manchester St, Christchurch
Time: 8.30am – 12.30pm
Cost: Free
Keen to enrol? Contact hiap@cdhb.health.nz

“Excellent course. Refocused my awareness of the social determinants of health. Great to add the big picture to the day to day interface with people.”
- Service Manager

“Attending helped me to remember the reasons I became a health professional and inspired me once again to do my best, on many levels, for those I work with.”
- Occupational Therapist

“This is a really stimulating and thought provoking course. It is relevant to any industry or sector that is involved in the delivery of services to individuals or community. I highly recommend it.”
- Chief Resilience Officer

“I was very impressed with both the course content and the calibre of the facilitation. The need for everyone to understand the broad determinants of health was made very powerfully.”
- Learning and Development Advisor