

FLOURISHING FELLOWSHIP

AMPLIFY YOUR IMPACT ON YOUTH WELLBEING



ABOUT LIFEHACK

Lifhack experiments with new approaches to improve youth wellbeing at the intersection of wellbeing science, design, technology and social entrepreneurship.

We work with young people and their whānau, individuals, communities and organisations, supporting them to co-design responses to the challenges they see in their communities.

Lifhack is an initiative from the Prime Minister's Youth Mental Health Project, and is supported by the Ministry of Social Development and Enspiral.

OUR PROGRAMME

WHAT IS THE PURPOSE?

- To bring together a cross-disciplinary group to focus on the challenges and opportunities for young people in their community
- To model participatory design and innovation tools that people and organisations can then use and share
- To support the development of new cross-sector initiatives and prototypes that are designed alongside young people



WHO IS THIS FOR?

Anyone who works with and for young people, including:

- Front line workers
- Managers of youth-orientated services
- People in policy and governance roles

WHAT ARE THE KEY DATES?

- January 20 : Applications open
- March 1 : Applications close
- May 17 – 20 : First hui
- June 15 – 17 : Second hui
- July 21 – 23 : Third hui



www.lifhackhq.co/fellowship

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CORE ASPECTS

- **Whakawhanaungatanga:** Making connections and building trusted relationships
- **Ako:** Mutual learning by sharing expertise and building confidence in our shared knowledge
- **Wellbeing:** Sustaining our own wellbeing and supporting others
- **Te Ao Māori:** Understanding the significance of Aotearoa New Zealand's history in present day trends and exploring concepts of Te Ao Māori in everyday practice with young people
- **Design:** Using codesign/service/system design and social entrepreneurship methodologies in ways that are ethical and enable the best service development
- **Technology:** Using technology to improve youth wellbeing
- **Cross-sector collaboration:** Learning to adopt cross-disciplinary, cross-cultural, intergenerational and inclusive techniques and ways of working



The Fellowship has helped change the vision for my teenage girls & physical activity project and inspired me to begin work on a much larger project in my home community that has the potential to impact systemic issues

Fran McEwen, Founder of Shift & Health and Wellbeing Leader at Wellington City Council



"I've gained a heightened awareness of my own wellbeing and I intend to embed that across the projects I am undertaking. I am also a lot more connected nationally with other professionals working in the youth-wellbeing sector."

Dougal Stott, Social Entrepreneur



"Before, I was working only as a criminal lawyer. Since starting the Fellowship, I have started my own business and made time to pursue a new social project."

Ella Burton, Lawyer & Social Entrepreneur



"One of the really important things I've gotten out of the Fellowship has been having the awareness of accessibility and diversity through the language we are using as well as how to collaborate with organisations who can help. ...during the Fellowship I was able to explore ways to help break down those barriers and open new opportunities."

Chloe Forbes, Youth Worker

PROGRAMME IMPACT

The Fellowship unlocks new thinking, skills, confidence and connections for participants. Past Fellows report the following kinds of impact on their work:

- Improved ability to change current youth programmes to be more inclusive and better engaged in concepts of diversity
- Experience in facilitation and participatory design tools that will allow greater participation from young people not normally engaged in community initiatives
- A broader evidence-base to apply to their work
- Knowledge of wellbeing tools, such as the Five Ways to Wellbeing
- Capacity to change current programmes to increase the opportunities for young people to take on youth leadership roles
- Rekindled motivation and commitment to work in the youth sector
- Access to a diverse, cross-sector and national network to support and collaborate on their work
- Increased awareness of where to obtain different kinds of information, knowledge and resources

Head to the Lifehack website to read more about programme costs.

www.lifehackhq.co/fellowship