

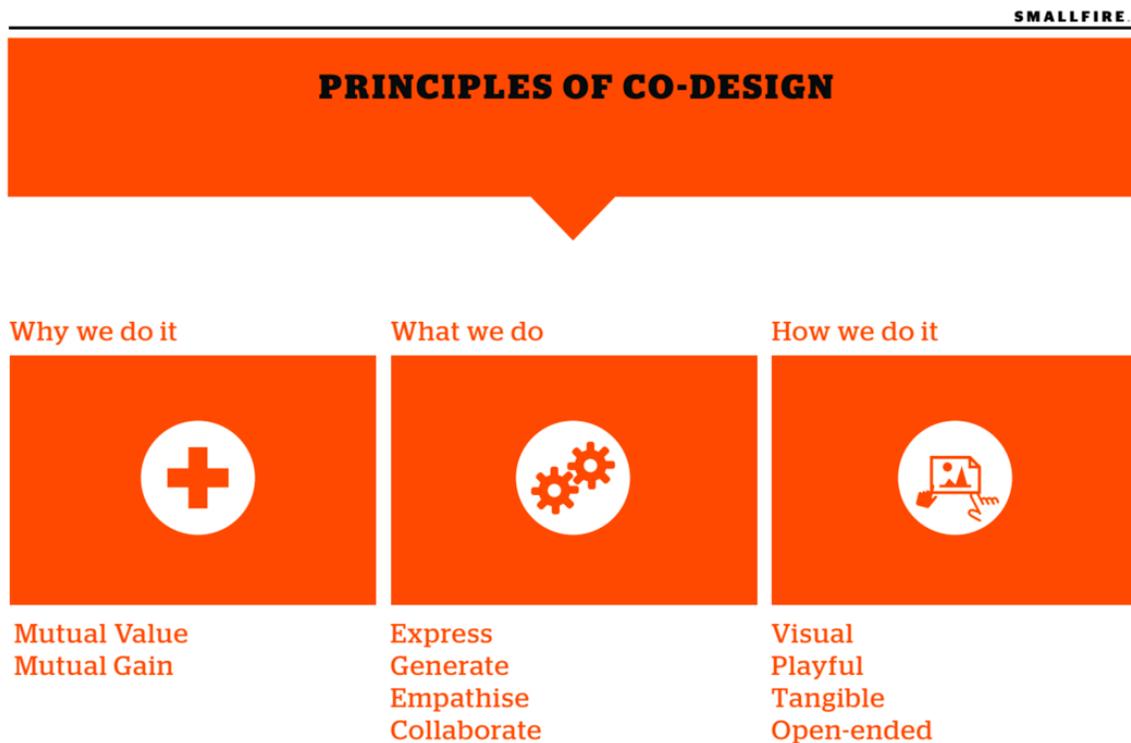
Purpose: Learning, building and reflecting on approaches and methods to co-design alongside others in a wellbeing space.

You'll need: [Ethics and safety worksheet](#)
Design / values prop canvas
Paper, pens & post its
Access to [Co-Design Workshop Planning document](#) which is what this is based on.

Components of this worksheet

- Principles** - What underpins this piece of work.
- Framing** - Knowing who you are co-designing alongside.
- Planning** - Helping set the scene.

Co-Design Principles ¹



¹ Penny Hagan, www.smallfire.co.nz

Framing: Who are you co-designing with?

Knowing about who you are codesigning with will enable you to create a positive experience for everyone involved.

Co-designing in a wellbeing space brings additional considerations than that of traditional entrepreneurial spaces. This is in part because of the potential for people's wellbeing to be impacted if methods are poorly applied or mismatched with the group you're working alongside.

Answer the questions below to help define who you are seeking to codesign with.

How are people connected to the topic?

Think about all the way people come to know about things eg. personal experience, experience of someone close, seeing it on the news, academic research.

Is the topic sensitive to talk about?

Is there a level of stigma or discrimination which may prevent people from fully engaging? What is the impact of disclosure on the people involved? What sort of support do people already have in their lives and what may need to be in place for this to be ok to talk about?

Do people have the ability and capacity to participate?

*How accessible is your group? Do you need to take into account things like environmental accessibility or literacy of participants? What supports could be put in place to **enable** participation?*

Planning: Setting the scene

Identifying what needs to be achieved ahead, will help inform what approaches and methods to deploy. Keep in mind the needs of the participants from the previous questions and also refer to the answers you provided in your ethics and safety worksheet from last week.

What are you trying to achieve through this codesign process?

What are the learning objectives, how does this link to your experiments and what are you hoping to learn?

What are the indicators of success for this?

What does a successful outcome look and feel like for everyone, what are the mutual outcomes? Consider some potential barriers and how you would work with them.

Who are the ideal participants for this (eg. personas)?

What needs to be put in place to enable them to participate fully? How will you go about recruiting them? Who else needs to be involved in this?

How will you collect the information shared?

How will you be unobtrusive, yet able to get the information you need? What types of information will you omit and why?

How will you go about validating individuals experiences, while balancing the needs of others?

What skills do you have already, what will you need to learn? Who else can assist you with this?

What decisions need to be made in order to kick off this codesign piece?

Is the team carrying united values? Is the values prop solid? Do you feel ready?