

## The Emergence of the Universal Wellbeing Model and Universal Wellbeing Evaluation Tool



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This presentation outlines a sixteen year investigative journey the Universal Wellbeing Model(UWM), a testable definition of Universal Wellbeing, identification of the Determinants of Universal Wellbeing(DoUW) and the now digitised and internationally available Universal Wellbeing Evaluation Tool(UWET) emerged. The wellbeing research program goals were to identify, what wellbeing is, how it is influenced, how poor wellbeing can be changed and how it can be measured(Stevenson et.al., 2023, 2024). Research methods utilised have included themed multi-disciplinary literature reviews, quantitative, qualitative, mixed method, use inspired practice, grounded theory and Impact Evaluation(Schofield, Walker, & Going, 2011; Fielden, Stevenson, Going, Grant, & Zagala, 2020a; 2020b). Initial research focused on identifying and implementing existing wellbeing models to increase higher education student course completion rates. Though highly effective it was an Impact Evaluation which assessed both value and intended and unintended impacts that led to a shift toward a fruitful theoretical developments. The evidence-based Universal Wellbeing Model (UWM) that has subsequently emerged incorporates four components: Sensory Inputs, Dimensions (Social, Physical, Intellectual, Cultural, Ethnic, Emotional and Spiritual), seventy Determinants of Universal Wellbeing and five overarching principles which ensure its cohesion and guide interpretations of the UWM. Since the UWM emerged a comprehensive UWET has been developed and piloted with the capacity to: evaluate the Universal Wellbeing status, status of the seventy DoUW, status of the Dimensions, impact of home, work and or study environment and Universal Wellbeing risk level. UWM and UWET knowledge dissemination and the accrediting of UWET Facilitators is now underway.

### Biography:

Director | Researcher | Facilitator | Wellbeing Leadership and Capability Consultant

I am passionate about being an evidence-based catalyst transforming Universal Wellbeing in individuals, families, teams, organisations, and communities through Prevention Universal Wellbeing activities. I led a 16 year wellbeing research program from which emerged the Universal Wellbeing Model and the Universal Wellbeing Evaluation Tool; this research program is continuing. I have over 30 years of experience in academic teaching, research, and consulting work. My goal is to measurably improve engagement, achievement, productivity, and equity outcomes through Universal Wellbeing supported interventions, and research projects with diverse groups.