



ACT-ivate

THE SEVEN WELL-BEING GOALS



Finding your place in the big picture

Trainees often see seven separate silos; this activity is designed to show them one **interconnected ecosystem** that makes the national vision a local reality



THE SEVEN WELL-BEING GOALS

1. **Start with a "North Star" story.** Instead of listing the goals, share a real-world example of the Act in action (like a "Well-being Budget") to show how these goals look in real life.
2. **Divide trainees into seven groups and assign each group a separate well-being goal to look at.** Provide each table with their relevant 'Journey Chart'. (eg. See front of card for example).
3. **Give each group five minutes to familiarise** themselves with the chart - and ask clarifying 'no silly questions' questions. **With tiles ask groups to identify where their work fits with the goal. If they struggle suggest they think about how it could potentially support delivery.**
4. **Introduce the enablers/disablers concept to the group** then provide each group with the relevant lists from the journey checkers. Ask the group to read through and then using green and orange pens and *tiles* - think about how their work (or processes they work within) are either enabling (green) or disabling (orange).
5. **After 10 minutes**
Step A: Pair two groups together (e.g., "A Prosperous Wales" meets "A Healthier Wales").
Step B: Ask them to find similarities. If both groups have the same "Disabler" (like a rigid procurement rule), move those *tiles* to a new "Shared" board.
Step C: Repeat this by merging those pairs into even larger groups until you have identified the "Universal" blockers and helpers across the organisation..
6. **Bring everyone back together for a final circle discussion.:** "How might we design our work so we create more enabling overlaps?" Focus on how fixing one shared "Disabler" could actually unlock progress for multiple goals at once

SOURCE

The Future Generations Commissioner for Wales
Journeys to help embed the well-being goals

