

Getting Started



Quiet-Everyday Leadership's first three steps starts with the smallest of daily things
Our Thoughts **Our Actions** **Our Language**
about and for wellbeing and vitality for all.

Regeneration

The capacity and capability to renew, evolve and thrive.
(Horizontal Development)



*Our Thoughts
Being
Awaken Caring*

Quiet-Everyday Leadership

Wellbeing and Vitality for All



*Our Actions
Doing
Focused Attention*



Transformation

The function and ability to change, transform and flourish.
(Vertical Development)

*Our Language
Knowing
Open Awareness*

About

Quiet-Everyday Leadership is an evidence-informed, community-led movement and model for regenerating, transforming and then sustaining sources of personal, societal and ecological wellbeing and vitality.

Over time we generate beneficial ripple effects for lasting change. Ripple effects that reach far & wide to benefit Me & We, Place & Planet.

Wellbeing A dynamic state characterised by the capability to thrive and flourish. **Vitality** The fluctuating beneficial energies that aid functioning. **Belonging and Thriving** (interconnectedness) **Becoming and Flourishing** (consciousness). **Beneficial Ripple Effects** Alignment with and between being, doing and knowing (gracefulness).





Quiet-Everyday Leadership

Wellbeing and Vitality for All

What daily things cultivate wellbeing & vitality for all?

Quiet-Everyday Leadership



Simply, it starts with the smallest of daily things.

wellbeings.org.au

Quiet-Everyday Leadership

Wellbeing and vitality for all
Regenerating, transforming & then sustaining sources of personal, societal & ecological wellbeing & vitality.

Quiet-Everyday Leadership's first three steps starts with the smallest of daily things 

Our Thoughts Our Actions Our Language about and for wellbeing & vitality for all.

Take 60 seconds to explore & reflect

What local issues about people, nature & the planet do you **care about** most?

What simple daily actions show you're **caring for** yourself & your local issues?

Which of your VIA character strengths helps with **creating a brighter future**?

Over time we generate beneficial ripple effects for lasting change. Ripple effects that reach far & wide to benefit Me & We, Place & Planet.

Thank you for caring.

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Quiet-Everyday Leadership

Wellbeing and vitality for all

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 **Our Thoughts** **Our Actions** **Our Language** 
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Quiet-Everyday Leadership is based on core principles, values and practices from Social Leadership (Stodd) and Wellbeing Science including: Benefit Mindset, Beneficial Action, Beneficial Literacy, Vital Engagement, and the Regenerative Development Practice Framework. When individuals, groups and communities align and persist with these evidence-informed principles, values and practices concurrently, they generate beneficial ripple effects. These ripple effects improve the odds of broadening and deepening our senses of: belonging and thriving (interconnectedness); becoming and flourishing (consciousness); and beneficial ways of being, doing and knowing (gracefulness). Over time, these ripple effects create lasting change that reach far and wide to benefit Me & We, Place & Planet.

Benefit Mindset is concerned with the life-long process of learning how we can be the transformation and realise our unique potential in a way that serves the wellbeing of all. [Benefit Mindset \(Buchanan & Kern, 2017\)](#)

Beneficial Action is about prosocially and altruistically motivated behaviour that uses consequential (scientific) knowledge to increase freedom within the global population. [Beneficial Action \(Toumbourou, 2016\)](#)

Beneficial Literacy is the capability to comprehend and compose beneficial language, across contexts, with the intentionality (desire, belief, intention, skill and awareness) of using such language for the mutual benefit of self, others and nature. (Wright 2021, adapted from [Wellbeing Literacy \(Oades et al., 2021\)](#))

Vital Engagement is a four-part model of engagement that is characterized by personal strengths use, feelings of intense absorption and interest (flow), a sense of energy (subjective vitality), and a broader sense of purpose and meaning (meaning in life). [Vital Engagement: Four-Part Model \(Ignjatovic, 2020\)](#)

Regenerative Development is about building the capacity and capability in people, communities, and other natural systems to renew, evolve and thrive. [Becoming a Regenerative Practitioner -A Filed Guide \(Plaut, Amedée, 2018\)](#)

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