

DECEMBER 2024 | 4TH ISSUE

CO-CREATING WELLBEING

An Erasmus+ Project about co-creation in wellbeing



IN THIS NEWSLETTER:

- Our key outputs
- A flexible curriculum and how to use it
- Top tips for doing co-creation
- Our next online webinar

OUR KEY OUTPUTS

A new set of resources for learning and applying co-creation

During the final partners' meeting, held from December 4th to 6th, 2024, in **Lyon**, France, we reviewed the results of our pilots and the overall project. All partners successfully completed their second pilot, with some even conducting a third. In the end we involved 242 attendees, more than originally expected.

During each iterations of the pilot testing, all partners carried a **qualitative and quantitative evaluation** to assess the quality of the piloting, involving trainees and trainers. The data collected have provided useful information to assess the training and improve the materials, producing a final framework for delivering training in co-creation and a toolkit which are flexible in delivery time, mode, format, attendee needs and experience.

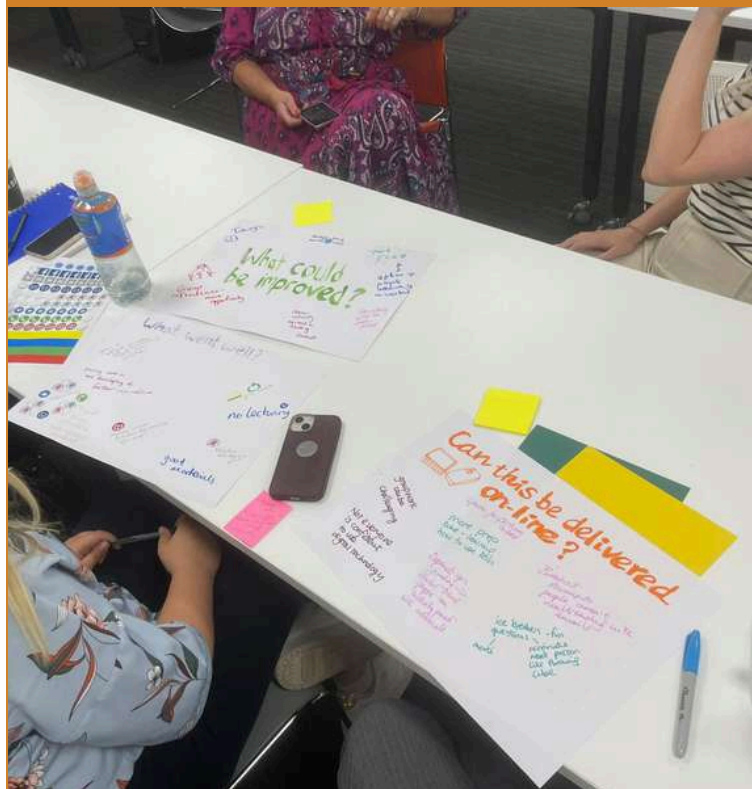
Our **key outputs**, include: top tips for flexible curriculum use, a manual of activities and tools, an e-book with examples of curriculum delivery by country, bibliographical references, a co-evaluation guide, case studies, and additional tips for co-creation. All these resources are available on our **[website](#)**.

A FLEXIBLE CURRICULUM

The overarching structure of our curriculum allows for flexibility in delivery

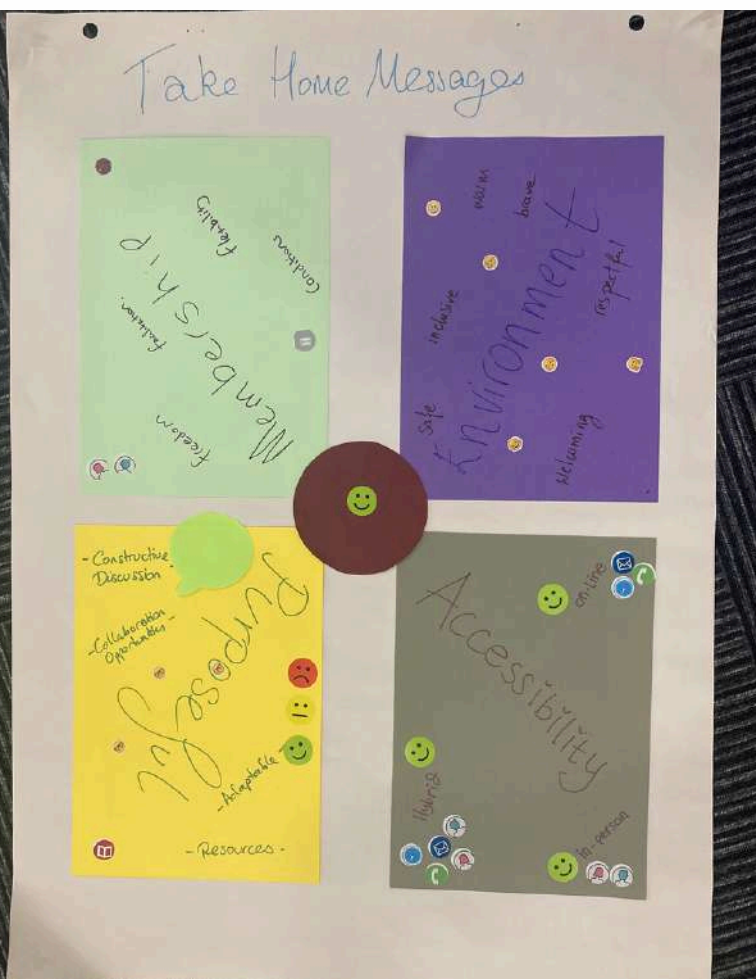
Our flexible structure offers several key advantages for curriculum delivery. It allows for adaptable timeframes, making it easier to tailor the curriculum to different schedules. It is also adaptable to various countries and wellbeing contexts, ensuring relevance across diverse environments.

The format is versatile, supporting online, face-to-face, or hybrid delivery methods. Additionally, it provides the option to select and prioritize specific learning topics based on the unique needs of the learners. This flexibility helps customize the learning experience, making it more effective and relevant.



The curriculum is designed to be flexible, with modules broken down into small sections that can be delivered in various ways—either in bulk or as bite-sized chunks. Trainers can tailor the content based on attendees' needs, determined through a pre-questionnaire to assess their co-creation experience and learning goals. Delivery can be in-person, online, or hybrid, using synchronous or asynchronous methods. Possible formats include educational presentations, co-creation experience sessions, assignments, and resource toolboxes. The focus can vary depending on the audience, allowing for collaborative outputs or hypothetical examples.

Evaluation of the curriculum should be ongoing, with both formative and summative assessments. Collaborative reflection helps track how attendees' understanding evolves, while bridging activities between sessions enable real-world application. Feedback gathered during these activities can help tailor the training. It's important to differentiate between evaluating the curriculum itself, teaching methods, and the co-creation process and outputs.



HOW TO USE OUR CURRICULUM: SOME TOP TIPS

We developed a guidance for those who want to use our materials

The Co-Creating Wellbeing curriculum offers flexibility, allowing for customized delivery based on the specific needs of each group. Trainers should introduce modules with clear learning objectives and an overview to set expectations. It's beneficial for attendees to have a co-creation project in mind, whether individually or in groups, and provide formative feedback throughout to tailor the course. Trainers can offer alternative co-creation activities as part of a toolkit, and use flipped learning methods for efficient use of synchronous sessions.

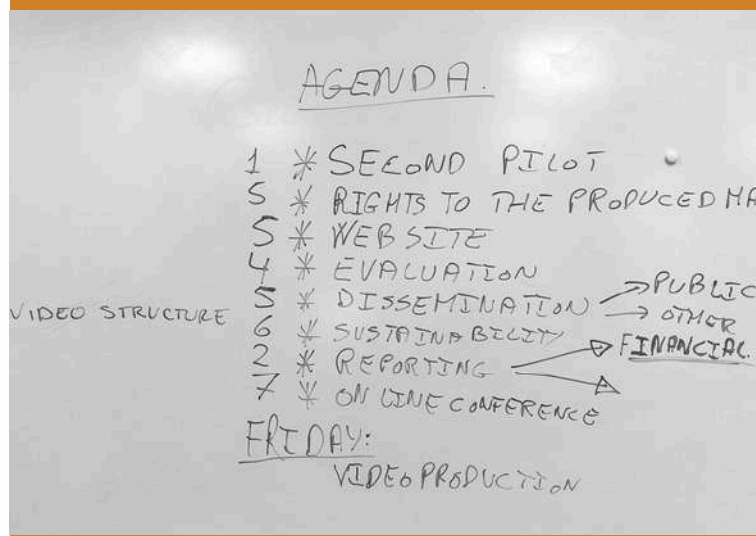
Presentations should be brief (5-20 minutes) and visually focused, with captions for accessibility. Pilots revealed attendees appreciated clear goals, tailored training, simulations, and face-to-face experiential learning. Spaced-out sessions and a range of attendees (from early career to senior management) helped facilitate learning, along with time for peer feedback and interaction. Understanding trainees' motivations and contexts is crucial to tailoring the curriculum, especially when working within organizations where support may vary.

Challenges include addressing organizational resistance or varying levels of interest in co-creation. Customizing content to meet attendee needs, such as offering deeper insights into specific topics (e.g., co-design or ethical approval), is vital. Hybrid and online formats worked well for networking and applying learning, with clear guides for using software and incorporating gamification to maintain engagement.



We also developed a set of tools to support training, including a **handbook of activities**.

This activity handbook provides a collection of tools and resources designed to support co-creation efforts alongside online materials. It offers a variety of activities that you can experiment with during face-to-face sessions as well as in online sessions. The handbook highlights which activities might be best suited to the co-define, co-design, or co-refine stages of the co-creation process, but these are merely recommendations. Co-creation is inherently flexible, allowing you to adapt and modify the activities to suit your needs. Whether you're at the early stages of defining ideas or refining existing concepts, these activities can be tailored to facilitate collaboration, creativity, and meaningful participation throughout the process.



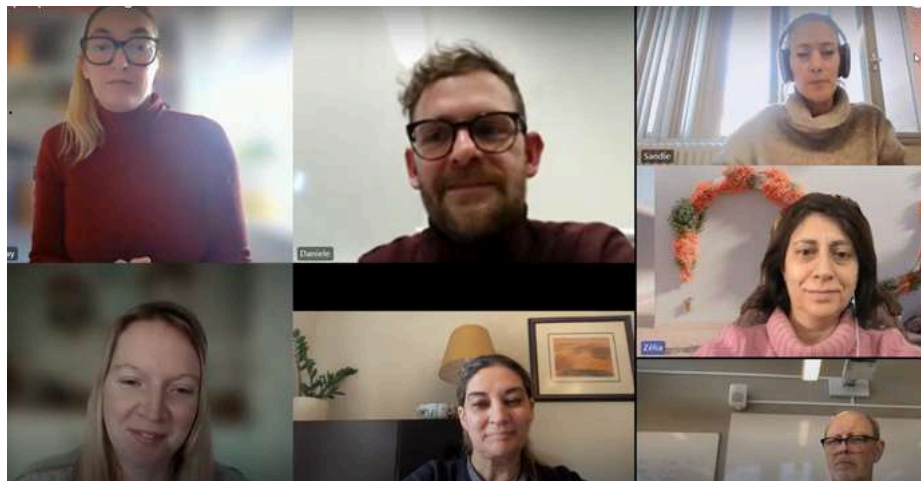
OUR TOP TIPS FOR DOING CO-CREATION

One of the outcomes of the project is the development of a set of key tips for applying co-creation to real-world cases. These tips were derived from our pilot projects and complement the recommendations from the Pearce and Magee 2024 paper.

To co-create effectively, first understand the context and where the outcome will be embedded. Ensure the co-creation group is diverse, including local communities, end-users, and experts. Reflect on the motivations and potential barriers for involvement. While co-creation takes longer to set up, it leads to more suitable outcomes, saving time later. Plan and use appropriate tools to facilitate collaboration and group creativity.

During co-creation, clarify the facilitator's role, whether active or purely supportive, and ensure all co-creators share a common understanding of the project's objectives and vision. Keep an open and flexible mindset, accepting both progress and setbacks, and focus on managing necessary changes. Acknowledge the co-creators as experts and value their knowledge, ensuring everyone's voice is heard using co-creation tools to facilitate discussions. Encourage open-mindedness, collaboration, and active participation. Spend time analyzing risks, needs, and resources during co-planning, and make decisions based on insights, even if the knowledge is incomplete. Establish indicators for evaluating the process and outcomes, emphasizing reflection.

Watch [this video](#) to discover our top tips!



**DON'T MISS OUT
ON OUR NEXT
ONLINE
WEBINAIR!**

Don't miss out Coventry University's next online one hour webinar about the project called 'Co-creation and the 3 co's framework'. It will include people who attended our pilots saying how they have used their learning to build into their PhD research.

Monday 17th March 1-2 GMT

You can register for it for free [here](#)