



GoodYarn Just Got Gooder

We love hearing from GoodYarn facilitators and workshop participants about their experiences delivering GoodYarn and being part of a GoodYarn workshop. We receive feedback from facilitators and participants in a number of ways; during facilitator training and in the facilitator training evaluation, in workshop evaluations, and also in emails and conversations with facilitators. Our own team delivering training and workshops also keep their eyes and ears open, gathering feedback and reflecting on how the workshop is constructed and delivered.

At the end of 2021, the GoodYarn team got together and reviewed all of this feedback and reflection, and set about updating, refreshing and improving GoodYarn. We're pleased now to be able to share with GoodYarn Facilitators an updated, invigorated GoodYarn programme!

The key updates and changes we've made include:

GoodYarn resources reflect a diverse workforce

We changed the imagery, language used and services promoted in GoodYarn to better reflect and include all people of Aotearoa/New Zealand. In this respect you will notice our content, language and imagery reflects diversity of age, gender, ethnicity and ability. We've also brought more *te reo* in our resources.

Easier to Navigate

The slide notes on all GoodYarn workshops have been refined and clarified so it's clearer for facilitators to understand the key points to deliver and facilitation strategies they may choose to use to communicate them.

Te Whare Tapa Whā

Many of you told us about an alternate or updated model of *Te Whare Tapa Whā* you've been working with, where the concept of *whenua* is introduced as the ground on which the whare sits, representing the land, roots, or a place of belonging. We've now included this concept in GoodYarn and updated our slides and delivery notes accordingly.

Self-care and Boundaries

We've added in a model developed by Christchurch based counsellor, Richard Black of Mind Health, to help illustrate the idea of self-care and boundaries. You'll see this on page 16 of the updated Workshop Handbook with accompanying notes in the PowerPoint slide. This model helps participants think about being empathetic to another's situation without becoming enmeshed in a situation on one hand, or, on the other hand, indifferent to the circumstances of those round them.

Extra resources to help deliver your best GoodYarn workshops

Over the next month, more resources that we've developed to support your delivery of GoodYarn workshops will appear on the GoodYarn platform, including a timings run-sheet, a *te reo* glossary, and video clips to help you master *te reo* pronunciation of *Te Whare Tapa Whā* and The Five Ways to Wellbeing.

We've also done away with separate registration and evaluation forms for the rural and workplace workshops in favour of a multi-purpose form and English sub-titles have been added to the six case study videos.

Online Workshops

Many organisations are considering delivering GoodYarn online, but delivering a workshop online is a very different experience for both facilitator and participants than a face-to-face workshop. Acknowledging that online delivery requires different skills and techniques, our presentation and slide notes for GoodYarn Online Workshops has been improved to better incorporate online learning techniques, tips and tricks for online delivery and the tools in MS Teams and Zoom.

We have also developed a three-hour refresher/upskilling training module for facilitators who haven't delivered an in-person workshop for a while and/or who would like upskilling in online delivery.

Please email Michelle (michelle@goodyarn.org) if you are interested in this additional training.

Performance targets - 75%+

Remember you need at least 75% of your attendees to complete an evaluation at the end of their workshop and improvement rates against the the 3 key learning outcomes of the GoodYarn programme - Awareness, Knowledge and Confidence - need to be in the top quartile i.e.75% and over.

These requirements help protect the integrity and quality of the GoodYarn programme and enable us to produce meaningful performance reports for your workplace. Please note, these targets apply whether you deliver your workshop in-person or online.

Please ensure completed evaluations are scanned to info@goodyarn.org or posted to our admin team as per instructions given in your Facilitator Training Manual.

Future Facilitator Training

The Facilitator Training Manual was getting quite thick and there is a lot of information in there! To make this more manageable, future participants in GoodYarn Facilitator Training will receive two manuals; one focussing on background knowledge and skills, and the other a more practically oriented manual focused on workshop delivery - which will be ideal to take with you when delivering workshops.

Over the next five months we'll be offering facilitator training events in: Queenstown; Christchurch; Cambridge; Auckland; Wellington, Dunedin and Napier.

Go to <https://www.goodyarn.org/training/> to register for a 2-day facilitator training event near you.

Virtual tour of the GoodYarn platform

All the GoodYarn teaching resources you'll need to deliver workshops to your peers are now stored on the GoodYarn platform. For those of you not yet familiar with the GoodYarn platform, our partner and platform host, Synergy Health, has created a short How To video. This video will show you:

- How to create a profile.
- How to access the platform.
- Mobile phone app.
- Overview of GoodYarn resources available on the platform, including the online challenge, plus other health & wellbeing resources featured.

- Overview of the version control system and how to know you have the latest version of a resource.
- How to download GoodYarn resources to your own computer.
- For those with an inclusive GoodYarn licence – how to give your workshop attendees access to the platform following their workshop with you.

Please let us know via info@goodyarn.org if you strike any trouble accessing the platform. It's easy once you know how so please don't hesitate to ask for help.

New workbooks

To order your new workbooks please email info@goodyarn.org. They are still \$5+GST per copy plus freight.

Be in to win one of our brand new GoodYarn coffee mugs – 30 to give away!

Between now and the end of May we'll be monitoring to see how many user profiles have been created on the GoodYarn platform and as an enticement everyone registered on the platform by the end of May this year will be in to win one of our brand new GoodYarn coffee mugs.

We have 20 to give away, plus, the first 10 facilitators to send us their workshop registration and evaluations using the new forms downloaded from the platform will also receive a new coffee mug.