

# Constituent Well-being Analysis

### Description:

Well-being can be described as “being in a state of being comfortable, happy and healthy.” A sense and feeling of well-being is a fundamental basis for anyone to become empowered to successfully overcome difficulties and achieve what they want out of life. We must take into account both reality and perception. The overall improved well-being, understood through various paradigms, is the end goal of work with disadvantaged, marginalized and/or resource constrained communities.

There are various components to an individual's, community's and/or organization's well-being. Adapted from the I COPPE framework developed by Isaac Prilleltensky and colleagues, we've created a multidimensional and integrated template/worksheet for assessing well-being. The framework comprises six domains. These are FAMILY, INTERPERSONAL/RELATIONSHIPS, OCCUPATIONAL/WORK, PHYSICAL, PSYCHOLOGICAL and ECONOMIC.

### Framework Guide:

This is most effective through a conversation and/or activity with your constituent/constituencies. If done in a larger group setting, assign “teams” different domains to then share back and discuss.

**First**, within each domain of well-being define what it means. This is important to make it contextual.

**Second**, decide whether you will work from a “challenges” or “strengths” perspective. If from a challenges perspective, write down a key challenge to well-being based on the definition in the first column. If from a strengths perspective, do the same but filling in a current strength.

**Next**, move across the table noting how the challenge or strength impacts the other domains across the top of the table. This is to gain an understanding if and how strongly interrelated one factor is with another. You will likely see repetition.

**Fourth**, under “overall rating”, rate how relatively challenging or strong the current state of well-being is from a 1 to 5, 5 being the most challenging or the strongest dependent upon which approach you used.

Based upon this you will be able to both zoom in and zoom out to discover priorities and patterns. If you started working through this from a challenges perspective you may want to switch to a strengths perspective and repeat the exercise or vice versa.

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Factors of Well-being	Challenge or Strength	Family	Interpersonal	Occupational	Physical	Psychological	Economic	Overall Rating
Family:								1 2 3 4 5
Interpersonal/ Relationships:								1 2 3 4 5
Occupational/Work:								1 2 3 4 5
Physical:								1 2 3 4 5
Psychological:								1 2 3 4 5
Economic:								1 2 3 4 5