



Active Insight: Evidence in Action

Tip #1199



Structuring Leadership Wellness Opportunities

Overview

Wellness leadership opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences supporting meaningful engagement and leadership development. Inclusive recreation environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and accessibility. Students benefit from supportive wellness opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Wellness leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Coordinate wellness leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage wellness participation approaches, event leadership strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Coordinate wellness leadership opportunities.
- Encourage wellness participation approaches.
- Use event leadership strategies.
- Strengthen reflective participation regularly.
- Examine wellness engagement consistently.

Next Steps

Access Respectful Relationships resources supporting wellness leadership and inclusive participation opportunities.

Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.

