Present: Angela Lovett, Jordana Wilks, Marianne Lewis, Vanessa Leane, Sandy Johnson-Jones

Apologies: Andrew Davies, Lynda Hutchinson, Sadie Goddard-Wrighton, Karen McDougall

### Agenda Items

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| Welcome and apologies / minutes                         | • Welcome and apologies.  
• Previous minutes reviewed and accepted.                                                                                                        |         |
| Website Overview : St John Flourishing Life Program     | Vanessa gave out a booklet outlining the content of the planned website: Flourishinglife.org  
The aim is to establish links in the technology coaching training package back to wellbeing information on the site.  
The site will contain real life scenarios and interviews.  
Also includes.....  
• CPR of Flourishing – understanding strengths and wellbeing profile to generate wellbeing resources |         |
Reminiscence therapy with a purpose
Stories - audio books and photo books
The intention is to be an international website. Already expanding to multicultural communities and presented at a conference in India.

Summary:
“Understanding a strength based approach to empowerment and how strength based practice makes a difference to quality of life.”

Vanessa and Sally have met with Ian Reilley (Media Mouse) who will be doing the technical component of the program.

Sally will also engage In white Space to assist with the design layout and creative aspects of the training program.

The group examined the first 11 pages of the draft script – recommendations are listed below

- **Title** – currently Computer Coaching on-line Training Program – this title could be confusing – could change to Staying Connected with Technology: on-line training or Technology Coach: on-line training or Wellbeing Technology Coach / Technology for Wellbeing or Techno Coach (TC)

- **Page 1**: This is a short and easy learning experience with links to further learning options. The basic module can be completed in approximately 60 minutes. Delete SSRG to download course resources/activities – these will be downloaded on the Flourishing Lives website

- **Page 2**: The Purpose is to increase the wellbeing of older adults through purposeful engagement with computers and/or tablets and iPads. Technology can be a positive experience which brings knowledge, information, connection with others and developing new skills within easy reach. or Using technology can be a positive experience which increases our access to information, connects us with others and develops new skills.
Delete Character – 3. Strengths and Motivation

- Page 3: 2nd paragraph – hyperlink active listening to resources about active listening

- Page 5: add an example of re-prioritising

- Page 6: Last paragraph change misfortune to loss

- Page 7: Paragraph 2, delete ‘For the first time…..’

- Page 8: Keep first 2 paragraphs, delete paragraph 3 & 4 and inset It is important to understand the learning styles of the older adult. Delete last sentence.

- Page 10: note – the goal may also be the motivation, eg talking with son using Skype – demonstrate this using a film clip. The list of strengths need to link to strengths info on the website.

- Page 11: Change the word power to capacities. Include the Neuroplasticity you tube https://www.youtube.com/watch?v=ELpfYCZa87g

Next meeting date: Wednesday 15 February 2017
Time: 2.00 - 4.00 pm,
Venue: Commonwealth House meeting Room, City of Onkaparinga