

WELLBEING SCAN COMPANION GUIDANCE

WHAT, WHO, WHEN, WHY, HOW

SUPPORT FOR NSOS TO
OPTIMISE ENGAGEMENT

WHO & WHAT

The Wellbeing Scan:

is for athletes¹, coaches and support staff²

takes ~10mins to complete with fewer than 20 questions

provides a high-level overview for national sporting organisations (NSOs)/sports

is designed to promote discussion to understand results beyond numbers

is recommended to be conducted annually to support and inform NSO Health Checks

is aligned with NSO High Performance Health Checks, [HPSNZ Athlete Mental Health Approach](#), and [HPSNZ Wellbeing Framework and Guidelines](#)

1 In alignment with the TAPS framework, “athletes” refers to any athlete who has met the criteria and is therefore an NSO identified and confirmed TAPS athlete.

2 Coaches and support staff refer to high performance personnel outside of individuals directly employed or contracted by HPSNZ.

WHEN & WHY

Benefits to sports:

The scan will be completed in advance of NSO Health Checks, allowing sports to:

- promote athlete, coach and staff voice
- use findings to inform action plans for wellbeing systems enhancements
- better target efforts, resources and investment

In turn, we know that enhanced wellbeing is related to:

- improved performance
- reduced injury/illness
- quicker return to play/work following injury/illness
- environments that show we care about our people

HOW

To get the most out of the Wellbeing Scan, please use the 3-step HPSNZ Guide to Planning for Wellbeing: Effective Implementation of Your Policies and Initiatives, including:

- Step 1: Planning
- Step 2: Implementation
- Step 3: Feedback loops

For Step 3, post-scan discussions may include one or more of the following:

- 1:1s
- Focus groups
- Full group sessions

QUESTIONS?

Contact:

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