

29 May 2018

A personal development journey: my journey, your journey, our journey

Background on the webinar

The Africa Unit for Transdisciplinary Health Research (AUTHeR) at the North-West University is proud to host a webinar on 29 May 2018 from 13:00-14:00 in Room N2B-G02 (Faculty of Engineering) on the Potchefstroom campus. The webinar is live streamed on the NWU's YouTube channel. Watch the webinar on <https://youtu.be/3VB8ojgqV5Y>. The webinar is presented by a host of NWU experts in health sciences. We extend an open invitation for all to attend.

AUTHeR renders multidisciplinary-, interdisciplinary and transdisciplinary research offering realistic solutions to real-life health and well-being challenges. Researchers are empowered to draw upon the concepts and methods of other disciplines to create new solutions to complex health issues. Although positioned within the Faculty of Health Sciences, AUTHeR functions across disciplinary boundaries and is therefore an ideal research environment when complex research problems cannot be solved within one discipline only. Research in AUTHeR leads to multidimensional real-life impact on society and focuses on three areas, namely 1) health promotion and well-being activation; 2) sustainable diets; and 3) sustainable community development.

The AUTHeR Webinar coincides with the launch of the reviewed LIFEPLAN® programme. The LIFEPLAN® programme addresses poverty amongst the most vulnerable through human development and training in life skills in order to improve their wellbeing in terms of health, nutrition and choice. LIFEPLAN® is based on the interdependent relations from intrapersonal to interpersonal to household, communities and societies. From a holistic approach to health complexities, this life skills training encapsulates all the dimensions of physical health, psychosocial and economic wellbeing within cultural diversity, environmental health, consumer health, ethics and food systems, to list a few. The facilitator becomes the central figure to enable learning through interactive participatory pedagogy.

For more information on the LIFEPLAN® programme, please contact Dr Christi Niesing at christi.niesing@nwu.ac.za / 018 299 2098.

Programme: AUTHeR Webinar

Timeslot	Speaker	Speaker's e-mail address	Topic	Brief description of presentation
13:00-13:05	Prof Jeanetta Du Plessis	Deputy Dean: Research and Innovation, Faculty of Health Sciences	Opening remarks	Opening remarks
13:05-13:14	Prof Andrew Robinson	24796999@nwu.ac.za	The wealth of health	
13:15-13:24	Prof Petra Bester	petra.bester@nwu.ac.za	Care: corruption and commodity	Revisit with me the poem by Ruth Johnston "Listen, Nurse" written in 1971. Interestingly, little changed. If care remains instrumental transactions, it is easily corrupted, a commodity, an object of inequity. A call is made for an inside-out change within health professionals towards care as an authentic part of being human and health as essential for living.

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Timeslot	Speaker	Speaker's e-mail address	Topic	Brief description of presentation
13:25-13:34	Prof Lanthe Kruger	lanthe.kruger@nwu.ac.za	Zero is not nothing	It does not matter how significantly small your contribution, it always has a value.
13:35-13:44	Ms Christelle Liversage	christelle.liversage@nwu.ac.za	Embracing well-being in diverse contexts	Well-being has been an elusive concept in modern times. Coupled with this, there is an increased search for happiness and meaning in life. How do we approach these issues?
13:45-13:55	Dr Christi Niesing	christi.niesing@nwu.ac.za	How sustainable is the concept of sustainability	The concept of sustainability is often used to sell or justify specific ideas or outcomes. The argument can be made that the concept of sustainability in itself may be unsustainable. The way forward regarding sustainability is discussed in terms of the meaning, application and measurement thereof.

AUTHeR offers the following postgraduate degrees:

- The Master of Arts in Positive Psychology is a 2-year programme. It is a specialised degree in Positive Psychology and offers students an advanced knowledge base of and research competence into the nature, development and enhancement of psychosocial well-being and health in various contexts, developmental phases, cultural groups, etc. Phenomena include amongst others positive emotions, the experience of meaning, resilience, character strengths, optimism, enabling social contexts and positive institutions.
- The PhD in Health Sciences with Positive Psychology offers students an advanced knowledge base of and research competence into the nature, development and enhancement of psychosocial well-being and health in diverse contexts. The programme will equip candidates to conduct high level research and make significant and original academic contributions to the field of Positive Psychology. Research findings may contribute towards well-being interventions and promotion of well-being and quality of life.
- The MHSc in Transdisciplinary Health Promotion allows health care professionals to think beyond their single discipline and learn to function as an expert in their discipline in a transdisciplinary team to enhance health promotion in a holistic way. Health care professionals credited with this qualification will be able to promote health from a team approach and to assist communities to increase control over and take responsibility for their own health. Health care professionals will be able to act as leaders, consultants, educators, specialist practitioners and researchers in transdisciplinary health promotion.
- The PhD in Transdisciplinary Health Sciences has been designed to enable candidates to transcend the boundaries of their disciplines. Health care professionals will have the ability to focus on a transdisciplinary team approach to comprehensive health and well-being across the total life span. They will be given the possibility to build on their mono- and multi-disciplinary knowledge base through transdisciplinarity. This qualification is the highest type of qualification awarded to healthcare professionals, and will increase leadership capabilities in transdisciplinary health.
- A postgraduate qualification in Consumer Sciences gives you the opportunity to improve your knowledge of consumer behaviour and to develop skills to research and understand consumers and the decisions they make. Currently, consumer insight is a much sought after skill within the industry to enable manufacturers and retailers to deliver products and services according to consumer needs. Therefore, a post-graduate degree in Consumer Sciences will not only develop you as an academic, but will equip you with knowledge and skills to make a valuable contribution when following a career in this discipline. Both the Master of Consumer Sciences and PhD of Consumer Sciences are research-based.

For more information regarding AUTHeR, please contact Mrs Terzie Denton at
terzie.denton@nwu.ac.za / 018 299 2094.