Focus group questions outline.

Introduction

1. Could you briefly introduce yourself and share what you find most rewarding about working in Youthreach?

Wellbeing Needs

2. What do you consider to be the most significant wellbeing challenges you face in your role?

3. Are there specific aspects of the Youthreach environment that create unique wellbeing challenges compared to mainstream education?

Current Coping Strategies

4. What strategies have you found effective for maintaining your wellbeing while working at Youthreach?

5. What formal or informal wellbeing support currently exists, and how effective are they?

Potential Supports

6. What kind of additional wellbeing support would be most valuable to you in your role?

Digital Tools Perspective

7. What are your thoughts on using digital tools (like mobile apps, wearables, websites, etc.) to support staff wellbeing?

Closing

8. Is there anything important about Youthreach staff wellbeing that we haven't discussed today?

Co-design session outlines.

<u>Workshop 1: Persona development</u>

Introduction

- Presentation overview of the structure and purpose of the co-design sessions
- Review of ethical considerations including voluntary participation, anonymity, and data usage

Design Activities

- Staff work in small groups to create representative personas of different Youthreach staff positions and experiences

Wrap-up

- Group discussion of the personas
- Collection of all materials for documentation and analysis

<u>Workshop 2: Prototyping</u>

Introduction and Recap

- Reminder of ethical considerations including voluntary participation, anonymity, and data usage

Prototyping Activities

- Staff work individually to outline a wellbeing need that they would address using a digital tool and create a sketch/app wireframe for the technology
- Group discussion and refinement of design ideas

Wrap-up

- Thank participants and remind them of follow up steps

Co-design session worksheets:

1. Youthreach Staff persona
2. Wearable and App design

Youthreach Staff Persona

 Persona Name

_____

Background

_____

_____

_____

Role/Responsibilities

_____

_____

_____

Wellbeing challenges

_____

_____

_____

Current coping strategies

_____

_____

_____

Wellbeing goals

_____

_____

Ideas for interventions/tools to for the persona's wellbeing goals

_____

_____

_____

Choose an intervention/tool and describe or sketch it (if applicable)

_____

_____

_____

Wearable or App Design

What wellbeing need(s) would your wearable/app address?

_____

_____

What situations would prompt you to check/use this?

_____

_____

_____

What time of day would you likely use this?

_____

_____

_____

How is it used? What are the steps involved?

_____

_____

_____

What features would be useful?