

THRIVING MEMBERS THRIVING CLUBS

Member Wellbeing

Thriving Members, Thriving Clubs has been developed by the Australian Lions Wellbeing Foundation in partnership with Clinical Psychologist Andrew Fuller to support the wellbeing of Lions members and Lion Clubs. The series includes free factsheets across eight key wellbeing topics.

Wellbeing Topics



**SOCIAL
CONNECTION**



MOTIVATION



SLEEP



NUTRITION



ANXIETY



MOVEMENT



**IDENTITY IN
LATER LIFE**



**TRICKY
CONVERSATIONS**

When members Thrive, Clubs Thrive

All available at our website



alwf.org.au/tmtc



Wellbeing
Foundation

Developed in partnership with
Andrew Fuller, Clinical Psychologist
and Author

Club Wellbeing

THRIVING MEMBERS THRIVING CLUBS

Every Lions Club has the opportunity to strengthen wellbeing, not by becoming mental health experts, but by creating spaces where members feel connected, valued and supported.

The **Thriving Members Thriving Clubs Wellbeing Conversation Guide** has been developed by the Australian Lions Wellbeing Foundation in partnership with Psychologist Andrew Fuller to help Club leaders introduce meaningful wellbeing conversations in a simple and practical way.



Each wellbeing topic includes:

- Facilitation Guide
- Conversation starters
- Practical group activity
- Club action ideas
- Member challenge
- Follow up ideas



**DOWNLOAD
THE FREE CLUB
GUIDE**



alwf.org.au/tmtc



Wellbeing
Foundation

Developed in partnership with
Andrew Fuller, Clinical Psychologist
and Author