



Australian Government

**Assessment Requirements for
CUAMWB401 Develop and implement own
self-care plan in the creative industries**

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- develop and implement one personal self-care plan, including psychological self-care techniques and at least three of the following:
 - physical self-care techniques
 - emotional self-care techniques
 - spiritual self-care techniques
 - relationships self-care techniques
 - workplace self-care techniques.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- factors that impact own personal wellbeing in a creative industries environment
- basic principles of positive psychology including personal values and strengths
- features of self-care plans and methods to evaluate
- risks of neglecting self-care, including those specific to the creative industries
- self-care and preventative techniques
- difference between maintenance and emergency self-care.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to resources and materials required to demonstrate the performance evidence.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

Links

Companion Volume Implementation Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>