



Australian Government

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.

Application

This unit describes skills and knowledge required to identify, select and use a range of self-care strategies to support sustainability of own practice and actively implement mental wellbeing and self-care in the creative industries. This includes implementing preventative techniques and evaluating their success against an individualised self-care plan.

The unit applies to those who may be required to manage personal wellbeing and sustainable professional practice in any creative industry sector or area of expertise.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Unit Sector

Industry capability – Mental wellbeing

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Research self-care techniques, risks and strategies	1.1 Determine factors that may impact own wellbeing in a creative industries environment 1.2 Research and identify self-care strategies and features of self-care plans 1.3 Research and evaluate risks associated with neglecting self-care in the creative industries 1.4 Discuss self-care techniques, risks and strategies with creative personnel
2. Establish self-care plan	2.1 Evaluate current circumstances in relation to self-care and emotional wellbeing

ELEMENT	PERFORMANCE CRITERIA
	2.2 Determine and document factors of wellbeing and self-care techniques according to personal circumstances and current working conditions 2.3 Draft self-care plan according to identified personal requirements
3. Implement and review self-care plan	3.1 Identify and source resource requirements of self-care plan 3.2 Carry out self-care plan 3.3 Review outcomes of self-care plan implementation and update plan as required

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Planning and organising	<ul style="list-style-type: none"> Plans implementation of self-care plan
Self-management	<ul style="list-style-type: none"> Recognises and addresses personal impacts of outside factors on personal wellbeing

Unit Mapping Information

No equivalent unit. New unit.

Links

Companion Volume Implementation Guide is found on VETNet -

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