



**Australian Government**

# **CUAMWB401 Develop and implement own self-care plan in the creative industries**

**Release: 1**

# CUAMWB401 Develop and implement own self-care plan in the creative industries

## 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<br>1.2 Research and identify self-care strategies and features of self-care plans<br>1.3 Research and evaluate risks associated with neglecting self-care in the creative industries<br>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<br>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<br>3.2 Carry out self-care plan<br>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"><li>Plans implementation of self-care plan</li></ul>                                             |
| Self-management         | <ul style="list-style-type: none"><li>Recognises and addresses personal impacts of outside factors on personal wellbeing</li></ul> |

## 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>

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

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## 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

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