



Relational Wellbeing (RWB) is an integrative approach to understanding, assessing and advancing wellbeing.

RWB Brief 4 gives an overview of how RWB can be applied in practice

Why RWB?

RWB enables organisations to design, implement, and evaluate effective strategies for sustainable wellbeing. Grounded in 20 years of research in the global south, it involves a systemic understanding of change that addresses the underlying conditions that promote healthy environments and happy lives.

RWB can be used for:

- Organisational strategy and programme design
 - Context-specific wellbeing impact assessment
 - Developmental evaluation and applied social research
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Taking a Relational Approach

The core of RWB is the relational approach (Fig.1). This shapes how we work and means that we see interconnection as the engine of change, rather than individual factors or actors. In implementation and practice this leads to three guiding principles:

- **Humility:** in recognising local people as the main actors who have already been addressing their problems prior to your programme being implemented
- **Do no harm:** guarding against unintended relational harms that could arise from interventions
- **Strengthen social connectivity:** to address unexpected outcomes and generate initiatives beyond the scope of particular programmes

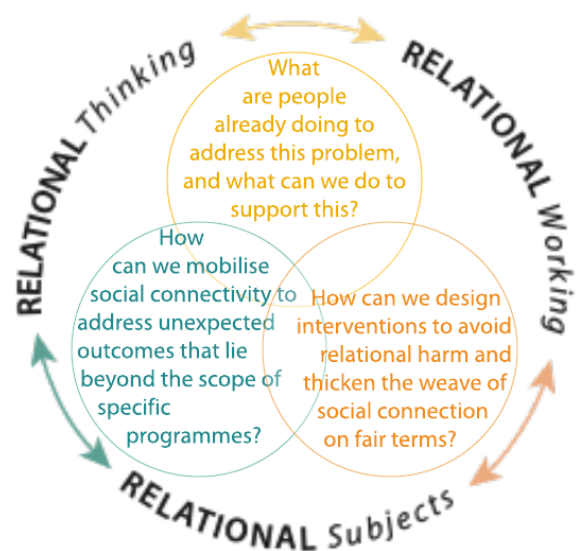


Figure 1: Guiding principles of the relational approach

RWB in Practice

The distinct advantage of an RWB approach is its identification of both **wellbeing outcomes** - which define the overall improvement in quality of life - and **wellbeing drivers** - which target the underlying factors that promote wellbeing (see RWB Brief 1). This involves answering critical questions about contexts, planned interventions, and the desired change (Fig. 2).

RWB can be applied in designing an overall programme strategy. It may alternatively be applied specifically to implementation, monitoring change, or for designing evaluations, including for programmes developed through other frameworks.

Taking contexts and complexity seriously is fundamental to applying an RWB approach.

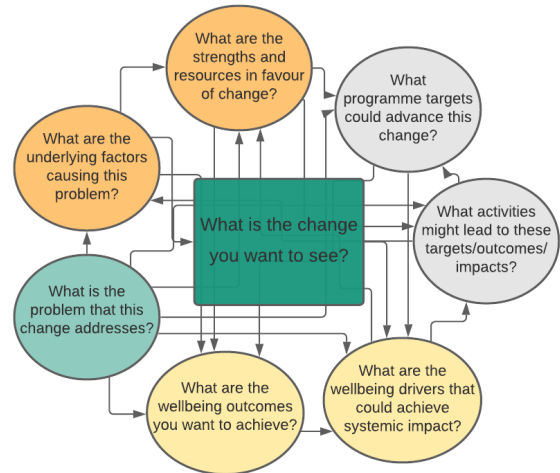


Figure 2: Guiding questions for applying RWB in practice

Strategy Design and Implementation

Designing RWB strategies for organisations and programmes is best done through an *RWB Theory of Change*. RWB theories of change envisage how change occurs in complex landscapes where systems and actors interact to translate action into outcomes. Defining and designating wellbeing outcomes and drivers signals a clear shared direction across the organisation, bringing unity to a diverse portfolio of programmes and projects.

Evaluating Wellbeing

RWB's focus on systemic change recognises that understanding *how your intervention has contributed to impact* is a challenge in complex settings of non-linear change. An RWB evaluation enables you to decide *what to monitor* and *how to generate evidence* for what has been accomplished. RWB's *collaborative, reflexive orientation* and *emphasis on process* is particularly well-suited to developmental evaluations and designing systems for ongoing learning and reflection.

Methods of Assessment

Our empirical research and field-tested methods tell us that assessing wellbeing demands attention to *what people can do or be* and *how people feel about what they can do or be*. Both of these can be assessed through both *objective and subjective measures*. And these require both *qualitative and quantitative* forms of data. The choice of methods is driven by *what needs to be understood* and *how best to measure it*.

Summary

RWB's **reflexive mode of practice** enables you to translate your vision of wellbeing into **practical and contextual** programmes for change in the real world. RWB is aligned with systems and complexity approaches to design strategy, and implement and evaluate programmes that target **systemic change** for **sustainable wellbeing impact**.

For more on the theory and practice of RWB see:
RWB Briefs

Or contact us:
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