

PROJECT DETAILS

Project Title:

SHE Speaks: Intergenerational Wellbeing Through Self-Care

Project Summary:

This Western Australian Government-funded project investigates women's wellbeing through intergenerational connections. Building on the successful "SheSpeaks: Amplifying Women's Voices for Wellbeing" pilot, this research implements workshops, digital storytelling (podcasting, visual narratives), and community-building activities across Western Australia. The project develops wellbeing literacy and self-care practices using Professor Lemon's multidimensional framework encompassing mindfulness, self-compassion, habits, time management and empowerment. Expected outcomes include deeper understanding of non-medicalised wellbeing approaches, evidence-based intergenerational wellbeing education models, and practical tools for community implementation. The research contributes to ECU's strategic priorities in education and wellbeing research.

Preferred Applicant Skillset:

We seek a self-motivated PhD candidate with strong qualitative research capabilities and an interest in women's wellbeing. The ideal applicant will possess excellent interpersonal and communication skills for engaging with diverse community groups across generations. Experience optional with digital storytelling, multimedia production (podcasting, photography, or video). Background knowledge in education, psychology, health promotion, or creative arts would be advantageous. The candidate should demonstrate capacity for collaborative teamwork, independent field research, ethical engagement with participants, and commitment to strengths-based approaches in wellbeing education and community development.

Primary Contact:

Prof Narelle Lemon
+61 8 6304 3191
n.lemon@ecu.edu.au