



## DESCRIPTION

The Certificate In Applied Positive Psychology (CAPP) program is a 150-hour blended learning program for people who want effective, evidence-based, systems-oriented approaches for improving wellbeing across their campus, workplace, or entire community.

The Certificate In Applied Positive Psychology (CAPP) program is an evidence-based learning program that provides measurable approaches for improving wellbeing across workplaces, schools, and communities. The course is organized around a version of Professor Martin Seligman's (2011) PERMAH model: Positivity, Engagement, Relationships, Meaning, Accomplishment, and Health, with which we begin the program.

With this certification, you will be recognized to help others thrive, even in times of struggle, and better equipped with collaborative solutions to some of our shared social challenges.

## OBJECTIVES

- **Articulate a clear business case for wellbeing** by sharing the social and economic impact wellbeing behaviors have on your organization, campus, or community.
- **Make the science of wellbeing accessible and actionable** by helping people build evidence-based wellbeing behaviors using Professor Seligman's PERMAH wellbeing framework.
- **Design psychologically safe spaces for teams, groups, and families** to playfully experiment with more effective and joyful ways to support each other's wellbeing, even in the midst of struggle.
- **Co-create thriving workplaces, schools, and communities** by taking a strengths-based approach to creating positive changes that fuel belonging, build trust, bolster resilience, and improve health and wellbeing outcomes.
- **Evaluate the collective impact of your efforts** at an individual, team, family, and organizational or community level by forming and norming a regional Wellbeing Coalition.

## REQUIREMENTS

As this is an adult education experience, participants will remain active in tracking and evaluating their own learning. To earn the certificate, participants must:

- 1 | Participate (Participants must attend greater than 70% of the sessions in real time and use video recordings to make up any missed sessions.)
  - On-site (OS) Attendance
  - Distance Learning (DL) Attendance
- 2 | Reflect & Connect (Participants must post written or video reflections for each of the PERMAH pillars and respond to classmates' reflections through our learning management system.)
- 3 | Apply (Participants must complete a final impact project and written or video reflection.)

## INSTRUCTOR



Louis Alloro, M.Ed., MAPP  
([louis@thewellbeinglab.com](mailto:louis@thewellbeinglab.com))



### SUPPORTED BY

Dr. Michelle McQuaid ([chelle@thewellbeinglab.com](mailto:chelle@thewellbeinglab.com))  
and Dr. Talma Shultz ([talmashultz@gmail.com](mailto:talmashultz@gmail.com))

### TEXTBOOK

- A copy of *Your Wellbeing Blueprint* (McQuaid & Kern, 2017) will be provided to each student.

### PARTICIPANT PLAYBOOK

- A manual is provided with additional resources and references.

### ON-SITE LOCATION

- Chimbole Cultural Center, 38350 Sierra Hwy, Palmdale, CA.

### ONLINE LOCATIONS

- Our class will communicate online via our learning portal and Slack.
- Our class will meet online via Zoom video software.

# Course Schedule

Below, you will see a schedule for the program.

OS = On-site (Live) Sessions (One and a half days per month)

DL = Distance Learning (Virtual) Sessions (90 minutes per week)

## MODULE 1: HEALTH

### HEIGHTEN HEALTH WITH SURPRISING TRUTHS ABOUT WELLBEING

- Unpack the business case for investing in wellbeing.
- Learn how to easily and reliably measure people's wellbeing.
- Improve people's confidence and motivation to care for their wellbeing, even when they are struggling.
- Bust the "I'm too busy" myth that undoes most people's wellbeing efforts.
- Learn how to help people create tiny health habits that maximize energy.

OS 1	How can you heighten your health?	THURSDAY, SEPTEMBER 9, 2021 9:00 a.m.–5:00 p.m. PST  FRIDAY, SEPTEMBER 10, 2021 9:00 a.m.–12:30 p.m. PST	Chimbole Cultural Center
COACH		WEDNESDAY, SEPTEMBER 15, 2021 7:00-8:30 p.m. PST	Zoom
DL 1	How might we reimagine health?	WEDNESDAY, SEPTEMBER 22, 2021 7:00-8:30 p.m. PST	Zoom
DL 2	What are the myths of happiness?	WEDNESDAY, SEPTEMBER 29, 2021 7:00-8:30 p.m. PST	Zoom

## MODULE 2: POSITIVITY

### BOOST RESILIENCE & IMPROVE EMOTIONAL INTELLIGENCE

- Uncover the power of positive emotions and the simple ways people can boost their positivity.
- Discover the three simple questions to help people turn feelings of stress and anxiety into opportunities for learning and growth.
- Learn how to debug the thinking traps that undermine healthy levels of optimism.
- Build emotional wisdom to improve people's ability to navigate their feelings.
- See how you can harness emotional contagion to create more positive cultures.

OS 2	Can you prioritize positivity?	<b>THURSDAY, OCTOBER 7, 2021</b> 9:00 a.m.–5:00 p.m. PST <b>FRIDAY, OCTOBER 8, 2021</b> 9:00 a.m.–12:30 p.m. PST	Chimbole Cultural Center
COACH		<b>WEDNESDAY, OCTOBER 13, 2021</b> 7:00-8:30 p.m PST	Zoom
DL 3	How do we think about how we think?	<b>WEDNESDAY, OCTOBER 20, 2021</b> 7:00-8:30 p.m. PST	Zoom
DL 4	How do you learn optimism?	<b>WEDNESDAY, OCTOBER 27, 2021</b> 7:00-8:30 p.m. PST	Zoom
DL 5	How do you become resilient in real time?	<b>WEDNESDAY, NOVEMBER 3, 2021</b> 7:00-8:30 p.m. PST	Zoom

## MODULE 3: ENGAGEMENT

### DEVELOP STRENGTHS & FEEL MORE ENGAGED AT WORK & AT HOME

- Discover people's neurological superpowers – the things they are good at and enjoy doing – using the VIA Survey.
- Learn how to develop people's strengths so they can avoid underplaying or overplaying them.
- Mindfully align people's strengths to create more moments of flow – that feeling when they are “in the zone.”
- See how you can spot strengths in others and provide strengths-based feedback to supercharge relationships and navigate strengths collisions.

OS 3	Can you enhance engagement?	<b>FRIDAY, NOVEMBER 12, 2021</b> 9:00 a.m.–5:00 p.m. PST	Chimbole Cultural Center
		<b>SATURDAY, NOVEMBER 13, 2021</b> 9:00 a.m.–12:30 p.m. PST	
COACH		<b>WEDNESDAY, NOVEMBER 17, 2021</b> 7:00-8:30 p.m. PST	Zoom
DL 6	How do you find flow?	<b>WEDNESDAY, DECEMBER 1, 2021</b> 7:00-8:30 p.m. PST	Zoom
DL 7	How do you not get sucked into the paradox of choice?	<b>WEDNESDAY, DECEMBER 8, 2021</b> 7:00-8:30 p.m. PST	Zoom

## MODULE 4: RELATIONSHIPS

### FUEL CONNECTIONS & PSYCHOLOGICAL SAFETY

- Discover how to connect with anyone in a micro-moment with kindness, gratitude, and appreciative questions.
- Unleash the power of asking for help.
- Learn how to set healthy boundaries while still being an effective giver.
- Challenge your relationship mindsets to let go of judgement, reduce incivility, supercharge compassion, and build psychologically safe spaces with others.
- See how to map your relationship “energizers” and their impact on wellbeing in your system.

OS 4	Can you create connection?	<b>THURSDAY, DECEMBER 9, 2021</b> 9:00 a.m.–5:00 p.m. PST	Chimbole Cultural Center
		<b>FRIDAY, DECEMBER 10, 2021</b> 9:00 a.m.–12:30 p.m. PST	
COACH		<b>WEDNESDAY, DECEMBER 15, 2021</b> 7:00-8:30 p.m. PST	Zoom
DL 8	How do you create more hope?	<b>WEDNESDAY, JANUARY 5, 2022</b> 7:00-8:30 p.m. PST	Zoom

## MODULE 5: MEANING

### BALANCE MEANING & PURPOSE

- Understand how the power of storytelling and journaling can help us make meaning from our pasts.
- Learn how to help people identify and leverage their values to find meaning in any task, even the most mundane.
- Discover how to spark hope to create a future for people's best possible self.
- How to avoid passion fatigue and burnout.
- Embracing complexity so we can make a meaningful collective impact in our communities.

OS 5	Can you find meaning and purpose?	<b>THURSDAY, JANUARY 13, 2022</b> 9:00 a.m.–5:00 p.m. PST	Chimbole Cultural Center
		<b>FRIDAY, JANUARY 14, 2022</b> 9:00 a.m.–12:30 p.m. PST	
COACH		<b>WEDNESDAY, JANUARY 19, 2022</b> 7:00-8:30 p.m. PST	Zoom
DL 9	How do you set and meet meaningful goals?	<b>WEDNESDAY, JANUARY 26, 2022</b> 7:00-7:30 p.m. PST	Zoom
DL 10	How do you map positive energizers?	<b>WEDNESDAY, FEBRUARY 2, 2022</b> 7:00-8:30 p.m. PST	Zoom
DL 11	How to from here?	<b>WEDNESDAY, FEBRUARY 9, 2022</b> 7:00-8:30 p.m. PST	Zoom

## MODULE 6: ACCOMPLISHMENT

### ACCOMPLISH WHAT MATTERS MOST & THE NEXT STEPS FOR OUR WORK

- Learn how to help people cultivate authentic grit, and avoid the pitfalls of “stupid” grit.
- Discover why reaching for self-compassion, rather than self-criticism, makes it easier to achieve our goals in every domain of life.
- Understand why accomplishing the things that matter most can be both messy and magical.
- Learn how appreciative coaching conversations can amplify the positive changes you’re helping people to create.
- Prototype your own impact project to apply what you are learning in your family, team, organization, or community.

OS 6	Can you accelerate accomplishment?	<b>THURSDAY, FEBRUARY 17, 2022</b> 9:00 a.m.–5:00 p.m. PST	Chimbole Cultural Center
		<b>FRIDAY, FEBRUARY 18, 2022</b> 9:00 a.m.–12:30 p.m. PST	
COACH		<b>WEDNESDAY, MARCH 2, 2022</b> 7:00-8:30 p.m. PST	Zoom
COACH		<b>WEDNESDAY, MARCH 16, 2022</b> 7:00-8:30 p.m. PST	Zoom
COACH		<b>WEDNESDAY, APRIL 6, 2022</b> 7:00-8:30 p.m. PST	Zoom