



Course Overview

The Certificate In Creating Wellbeing for Workplaces is an innovative and blended learning program for people seeking a high-impact, evidence-based, systems-oriented approach to care for wellbeing at the individual (Me), leader and team (We), and workplace (Us) levels. It is designed to:



Put the latest wellbeing science at your fingertips - Over six-weeks you'll join our live, online, highly interactive and engaging classes with our world-leading researchers and practitioners.

You'll attend 10 hours of live, online, highly interactive and engaging training.



Give you a toolbox of evidence-based wellbeing resources - You'll be given lifetime access to our incredible online learning portal packed with sought after beautiful digital posters, conversation guides, cheat sheets and more that you can steal-with-pride and share with others.

You'll have immediate access to evidence-based wellbeing tools you can use to help others.



Make it easy for you to immediately apply what you're learning - You'll custom design and deliver a meaningful impact project to help people care for their wellbeing. To make this process easy and joyful, you'll attend two community of practice calls so our coaches and fellow participants can together guide and support you along the way.

You'll custom design and deliver an impact project and attend two community of practice calls.



Showcase and celebrate what you're learning - You'll prepare a short report on your impact project and deliver a final 3-minute presentation to share your impact project with your classmates so you can learn from each other and celebrate what you've achieved together.

You'll prepare and present a short presentation about your impact project.

What bonus tools are you given?

To help you have a big impact when it comes to helping others to care for their wellbeing, the Certificate includes a bonus of more than \$2,500 of evidence-based, done-for-you tools that you can steal-with-pride. That's right, you can use these tools exactly as there are, rearrange them as needed, and even re-brand them if you desire. All we ask is that you acknowledge The Wellbeing Lab as the original source.

AS YOU GO THROUGH THE CERTIFICATE YOU'LL RECEIVE:

	VALUED AT
PERMAH TRAINING LIBRARY - Make sure you have the latest science at your fingertips when it comes to Positive emotions, Engagement, Relationships, Meaning, Accomplishment and physical Health. These 6 x 1-hour modules are broken down into 15 minute micro-doses so you can watch the videos, listen to the audios or read the playbooks wherever you want, as many times as you wish.	\$297
THE SURPRISING TRUTHS ABOUT WELLBEING PRESENTATION PACK - Help build people's levels of wellbeing literacy with this 30 - 90 minute PowerPoint pack, demonstration video and digital playbook that can be given to others.	\$297
PERMAH WELLBEING SURVEY GROUP DEBRIEF GUIDE - Guide teams and groups through their free PERMAH Wellbeing Survey results by helping them to reflect on the insights they've uncovered and what this might mean for how they can better support their own and each other's wellbeing.	\$297
TINY WELLBEING HABITS ONE WEEK CHALLENGE - Everything you need (facilitator's guide, participant pack, digital habit cards and tracking poster) to help groups design a tiny wellbeing habit, track their progress, and celebrate their learning.	\$297
WELLBEING CHECK-IN CONVERSATION GUIDE - Create psychological safe spaces for people to share what's working well, where they are struggling, and what they are learning about caring for their wellbeing.	\$297
BUILDING PSYCHOLOGICAL SAFETY TOOLBOX - Help people to untangle their relationships and build trust with these step-by-step instructions to open up conversations and design practices to be honest, get curious, ask appreciative questions, conquer incivility, be generous and grow from failure together.	\$297
CULTIVATING GRIT TOOLBOX - Build people's resilience and grit with these engaging and energizing activities to fuel growth mindsets, reach for self-compassion, find purpose, boost prosocial emotions, and avoid stupid grit.	\$297
TEAMING WITH STRENGTHS TOOLBOX - Help people to discover, develop and deploy their strengths - the things they are good at and enjoy doing - using the activity guides and posters for the VIA Character Strengths Survey, Clifton Strengths, or any other strengths assessment tool.	\$297

In addition, you'll also have access to a curated library of podcasts and cheat sheets from the world's leading wellbeing researchers. Best of all you'll have lifetime access to these bonus tools.

Syllabus

ACTIVITY	CONTENT
PRE-WORK	COMPLETE THE PERMAH WELLBEING SURVEY TOOL <ul style="list-style-type: none"> Login to your learning portal and click the PERMAH Wellbeing Survey link. The survey takes approximately five minutes to complete.
LIVE CLASS 19th September 9:30am - 11am PDT 90-minutes	WELLBEING FOUNDATIONS: Are You Ready To LEAD Wellbeing? <ul style="list-style-type: none"> What's working well and where are we struggling when it comes to caring for wellbeing in workplaces? The need for wellbeing literacy, evaluation, activation and determination. How can we help LEAD mental wellbeing for time-poor workplaces?
LIVE CLASS 26th September 9:30am - 11am PDT 90-minutes	WELLBEING FOUNDATIONS: The Surprising Truths About Wellbeing <ul style="list-style-type: none"> Why caring for wellbeing involves moments of thriving and struggle. Experiment with a free, evidence-based approach to measuring and supporting wellbeing. Build your levels of wellbeing literacy to help people become more active and intelligent stewards of their wellbeing in the workplace.
LIVE CLASS 3rd October 9:30am - 11am PDT 90-minutes	WELLBEING TOOLBOX: The Six Wellbeing Factors (Part 1) <ul style="list-style-type: none"> Discover how positive emotions boost our resilience and the three simple questions we can ask to stress less. Uncover people's neurological superpowers by identifying and developing their strengths to boost confidence, engagement and performance. Learn how to connect with anyone by creating psychologically safe spaces that fuel trust, inclusion and belonging in relationships.
LIVE CLASS 10th October 9:30am - 11am PDT 90 minutes	WELLBEING TOOLBOX: The Six Wellbeing Factors (Part 2) <ul style="list-style-type: none"> Decode how emotions shape our sense of meaning, purpose and motivation and how to turn this information into healthy actions. Understand how asking for help and reaching for self-compassion can help us accomplish what matters most. Unpack the power of rest and recovery to restore your energy and care for your physical and mental health, even when we're busy.
LIVE CLASS 17th October 9:30am - 11:30am PDT 2-hours	CARING FOR WELLBEING IN WORKPLACES: Designing Tiny Nudges <ul style="list-style-type: none"> Learn how to harness people's Motivation, Ability, and Prompts to MAP wellbeing changes at the me, we and us levels. Build a tiny nudges toolbox based on the latest research and your own experiences in workplaces. Discover the three mental wellbeing derailers that bring people's good intentions for caring mental wellbeing unstuck. CARING FOR WELLBEING IN WORKPLACES: Sparking Conversations <ul style="list-style-type: none"> Unpack why every action people take is preceded by a question and how to ask questions that help people to care for their wellbeing in new ways. Experiment with a simple neurological behavioural change template to design wellbeing conversations that win people's commitment. Learn how to spot and harness the hopes that lie behind every skeptic's doubts about caring for mental wellbeing at work.

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LIVE CLASS 24th October 9:30am - 11:30am PDT 2-hours	HOW MIGHT WE?: Design & Submit Your Impact Project Plan <ul style="list-style-type: none"> • Share your dreams of what might be possible if you leveraged what already works well, applied what you've learned in this program, and used your experience to help people in workplaces care for their wellbeing. • Design a "tiny is mighty" impact project to make your hopes a reality. • Get clear on your next steps to implement your impact project.
LIVE COMMUNITY OF PRACTICE CALL 14th November 9:30am - 10:30am PST 60-minutes	COMMUNITY OF PRACTICE CALL 1 <ul style="list-style-type: none"> • Stay accountable and share your impact project progress with our workplace wellbeing coaches. • Ask for help, get access to additional resources, and get inspired and learn from your class mates.
LIVE COMMUNITY OF PRACTICE CALL 28th November 9:30am - 10:30am PST 60-minutes	COMMUNITY OF PRACTICE CALL 2 <ul style="list-style-type: none"> • Stay accountable and share your impact project progress with our workplace wellbeing coaches. • Ask for help, get access to additional resources, and get inspired and learn from your class mates.
LIVE SHOWCASE 19th December 9:30am - 11am PST 90-minutes	FINAL SHOWCASE <ul style="list-style-type: none"> • Prepare a short written report about your impact project and what you've learned and upload this to the learning portal. • Present your report (you'll have 3-minutes) to share your learnings and achievements with your class mates and take a humble victory lap.