



COURSE OVERVIEW

The Certificate In Creating Wellbeing is a blended learning program for people seeking effective, evidence-based, systems-oriented approaches for improving wellbeing across their workplace, school or community. It is designed to:

- Make the science of wellbeing accessible and actionable to people by teaching them to create tiny evidence-based wellbeing habits using Professor Martin 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.
- Co-create thriving workplaces, schools and communities by taking a strengths-based approach to creating positive changes that fuel belonging, bolster resilience, and improve health and wellbeing outcomes.
- Reliably and confidentially measure people's wellbeing – both their levels of thriving and struggle - and debrief their individual and workplace, school or community results.

Participation in this class will require you to playfully and practically experiment with ways to better care for your own wellbeing throughout the course, as this is the best way to learn. It will also require you to regularly step outside your comfort zone as you embark on pay-it-forward challenges to immediately share what you are learning with others to help them care for their wellbeing.

COURSE OUTLINE

The course is delivered in three stages:

2 WEEKS PRE-CLASS:

PERMAH Wellbeing Library

This self-paced learning comprises 6 x 1 hour pre-recorded classes (each broken into 15 minutes lessons) that participants can watch online or listen to with audio. Detailed playbooks are provided to summarize the learning.

TWELVE WEEKS LIVE CLASSES AND COACHING CALLS:

Wellbeing at the Me, We and Us Levels

These in-person deep dive classes and live online coaching calls help participants learn how to measure, educate, and support wellbeing at the individual, group and community level. Pay It Forward Challenges are structured throughout the live classes to help participants immediately apply what they are learning to care for the wellbeing of themselves and others.

FINAL SHOWCASE:

Community Impact Projects

Two months after the live classes and coaching calls have been completed a 90-minute showcase will be held for participants to share how they have been applying what they learned from the Certificate in their community. Coaching support for participants will be available in the lead up to their final showcase.

COURSE SUPPORT

The support you through the course you will be provided with:

 <p>DIY PERMAH Wellbeing Library (6 x 1 hour lessons)</p>	 <p>Me, We & Us Live Workshops (3 x 2 half day classes)</p>	 <p>3 x Pay-It-Forward Challenges to apply your learning</p>
 <p>Live Group Coaching Calls (10 x 90 minutes)</p>	 <p>Community Impact Showcase (1 x 1/2 day)</p>	 <p>Lifetime access to The Certificate Portal with tips, tools & resources</p>
 <p>12 month PERMAH Wellbeing Survey License & Course Evaluations</p>	 <p>A certificate and PERMAH Wellbeing Survey accreditation to add to your credentials.</p>	 <p>Ongoing alumni community and benefits.</p>

COURSE ASSESSMENT

In order to receive your certification you will need to:

- **PARTICIPATE & LEARN** – You must attend 70% of the online workshops and coaching calls in ‘real’ time, the rest can be via video recording or intentional use of coaching sessions. You must complete three Pay-It-Forward personal wellbeing challenges by experimenting with tiny wellbeing habits and other wellbeing practices and recording your learning reflections.
- **REFLECT & SHARE** – You must use the prompts to write and post reflections for each of the PERMAH wellbeing factors in your online library. You must make a Pay-It-Forward PERMAH Presentation with a 5 – 10 minute presentation on one of your PERMAH a-ha insights during our coaching calls.
- **APPLY & IMPACT** – You must complete the three Pay It Forward Community Challenges – a PERMAH Wellbeing Survey individual debrief, convening a small group wellbeing conversation, and a final community impact capstone project to co-create a way to help people in your community to care for their wellbeing.

Please note: An online learning portal is used to guide your participation. You will find all the instructions and materials you need for each class and your assessments on the portal. You can easily track your progress towards completion of the class on the portal. You will have lifetime access to this portal.

Introduction + Wellbeing At Me Level

DATE	REQUIREMENT	CONTENT
Tues, Sept 28th 4:00 – 5:30pm	KICK OFF CALL Zoom Call	KICK OFF CALL: PERMAH WELLBEING LIBRARY <ul style="list-style-type: none"> Welcome, introductions, course overview. Portal logins, class profiles, PERMAH Library.
	PRE-WORK	PERMAH WELLBEING LIBRARY <ul style="list-style-type: none"> Watch/listen to the six x 1 hour PERMAH wellbeing modules
Tues, Oct 12th 4:00 – 5:30pm	PERMAH QUIZ CALL Zoom Call	PERMAH QUIZ CALL (OPTIONAL)
Sat, Oct 16th 9:30am – 1:00pm	DEEP DIVE: ME LEVEL Zoom Call	WELLBEING AT ME LEVEL <ul style="list-style-type: none"> The surprising truths about caring for wellbeing at the me level Measuring and debriefing the individual PERMAH Wellbeing Survey. Creating Tiny Wellbeing Habits. Using Learning Loops to care for wellbeing.
Sun, Oct 17th 9:30am – 1:00pm		
	ASSESSMENT	PERSONAL WELLBEING CHALLENGE <ul style="list-style-type: none"> Create your Tiny Wellbeing Habit
Tues, Oct 19th 4:00 – 5:30pm	COACHING CALL #1: ME LEVEL REVIEW Zoom Call	WELLBEING AT ME LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit PERMAH Presentation Challenge: Health Presentations Spotlight Reflection: Tiny Wellbeing Habits questions + tips
Tues, Oct 26th 4:00 – 5:30pm	COACHING CALL #2: HEALTH Zoom Call	WELLBEING AT ME LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit PERMAH Presentation Challenge: Health Presentations Spotlight Reflection: Tiny Wellbeing Habits questions + tips
	PRE-WORK	COMMUNITY WELLBEING CHALLENGE <ul style="list-style-type: none"> Ask someone to complete The PERMAH Wellbeing Survey for Communities and book a time for your debrief
Tues, 2nd Nov 4:00 – 5:30pm	COACHING CALL #3: POSITIVE EMOTIONS Zoom Call	WELLBEING AT ME LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit PERMAH Presentation Challenge: Positive Emotion Presentations Spotlight Reflection: Learning Loops questions + tips
	ASSESSMENT	COMMUNITY WELLBEING CHALLENGE <ul style="list-style-type: none"> Debrief someone's PERMAH Wellbeing Survey for Communities results and complete a Learning Loop of your experience.

Please note: All times and dates in this Syllabus are PDT.

Wellbeing At We Level

DATE	REQUIREMENT	CONTENT
	PRE-WORK	<ul style="list-style-type: none"> Lindsay Oades podcast on wellbeing literacy Ed Deci on motivation Richard Ryan podcast on self-determination theory:
Sat, Nov 6th 9:30am – 1:00pm	DEEP DIVE: WE LEVEL Zoom Call	WELLBEING AT WE LEVEL <ul style="list-style-type: none"> How to lead others in caring for their wellbeing. Designing conversations to accelerate the ability of families, teams and groups to care for their wellbeing. A reality check on your role and goals for helping others to care for their wellbeing.
Sun, Nov 7th 9:30am – 1:00pm		
	ASSESSMENT	PERSONAL WELLBEING CHALLENGE <ul style="list-style-type: none"> Create your Tiny Wellbeing Habit or Practice COMMUNITY WELLBEING CHALLENGE <ul style="list-style-type: none"> Who and how will you lead a small group in your community to have a conversation about caring for wellbeing
Tues, Nov 9th 4:00 – 5:30pm	COACHING CALL #4: WE LEVEL REVIEW Zoom Call	WELLBEING AT ME LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit or practice Community Challenge Check-In: Group Wellbeing Conversation Spotlight Reflection: Wellbeing languages questions + tips
Tues, Nov 16th 4:00 – 5:30pm	COACHING CALL #5: ENGAGEMENT Zoom Call	WELLBEING AT WE LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit or practice PERMAH Presentation Challenge: Engagement Presentations Spotlight Reflection: Wellbeing evaluations questions + tips
Tues, Nov 23rd 4:00 – 5:30pm	COACHING CALL #6: RELATIONSHIPS Zoom Call	WELLBEING AT WE LEVEL <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit or practice PERMAH Presentation Challenge: Relationships Presentations Spotlight Reflection: Activation & Determination questions + tips
	ASSESSMENT	COMMUNITY WELLBEING CHALLENGE: <ul style="list-style-type: none"> Complete your community conversation Surprising Story for a small group.

Wellbeing At Us Level

DATE	REQUIREMENT	CONTENT
	PRE-WORK	WELLBEING AT US LEVEL <ul style="list-style-type: none"> Peter Senge podcast on changing systems Peggy Holman how chaos can help us flourish Wayne Baker on the power of asking for help
Sat, Dec 4th 9:30am – 1:00pm	DEEP DIVE: US LEVEL Zoom Call	WELLBEING AT US LEVEL <ul style="list-style-type: none"> Mini-showcase of community conversations and what you learned. Measuring and debriefing community PERMAH Wellbeing Survey results. Co-creating community wellbeing programs through a systems lens. The power of asking and giving help for our wellbeing.
Sun, Dec 5th 9:30am – 1:00pm		
	ASSESSMENT	PERSONAL WELLBEING CHALLENGE <ul style="list-style-type: none"> Create your Tiny Wellbeing Habit or Practice
Tues, Dec 7th 4:00 – 5:30pm	COACHING CALL #7: MEANING Zoom Call	WELLBEING AT US LEVEL <ul style="list-style-type: none"> Learning Loop: Community impact project PERMAH Presentation Challenge: Meaning Presentations Spotlight Reflection: Navigating cynics questions + tips
Tues, Dec 14th 4:00 – 5:30pm	COACHING CALL #8: US LEVEL REVIEW Zoom Call	WELLBEING AT US LEVEL <ul style="list-style-type: none"> Community impact project working groups
	ASSESSMENT	COMMUNITY WELLBEING CHALLENGE <ul style="list-style-type: none"> Who and how will you lead a larger group in your community to co-create better ways to care for wellbeing
Tues, Dec 21st 4:00 – 5:30pm	COACHING CALL #9: ACCOMPLISHMENT Zoom Call	WELLBEING AT US LEVEL <ul style="list-style-type: none"> Learning Loop: Community impact project PERMAH Presentation Challenge: Accomplishment Presentations Spotlight Reflection: Savor and send off
Saturday February 26th 2022 9.30 – 11:30am	FINAL ASSESSMENT 2 Months Later COMMUNITY SHOWCASE Zoom	WELLBEING AT US LEVEL: COMMUNITY WELLBEING CHALLENGE <ul style="list-style-type: none"> Complete your community impact project Truthful Tale FINAL SHOWCASE <ul style="list-style-type: none"> Your community wellbeing stories