



## WELL-BEING EDUCATION CERTIFICATE OUTLINE IN-PERSON COHORT

Following is an outline of the Lark's Song Well-Being Certificate Program. This program will be completed in two 2-day in-person trainings. For the two 2-day in-person option, we will complete concepts 1-7 during our first onsite training and concepts 8-14 during our second onsite training. You'll find the learning concepts and objectives below.

### WEEKEND ONE

#### **Concept 1: Introduction to the Flourishing Life (PERMA+ME Model)**

*Learning objectives:*

- *Understand the history and purpose of well-being education*
- *Recall Lark's Song's seven facets of well-being*
- *Assess personal well-being and understand available well-being assessments for adults and youth*

#### **Concept 2: Positive Emotion – Part 1 (Awareness building)**

*Learning objectives:*

- *Understand what "positive emotion" is, what it is not and how to measure it*
- *Describe the effect of positive emotion on the brain and body*
- *Describe emotional intelligence and the capacities of identifying, using, understanding, and managing emotion*

#### **Concept 3: Positive Emotion – Part 2 (Capacity building)**

*Learning objectives:*

- *Assess best fit for positive emotion intervention*
- *Practice evidence-based intervention to increase positive emotion*

#### **Concept 4: Engagement – Part 1 (Awareness building)**

*Learning objectives:*

- *Understand what "engagement" is, what it is not and how to measure it*
- *Describe the effect of engagement on the brain and body*
- *Assess assets-based, holistic engagement and explore assessment for adults and youth*

#### **Concept 5: Engagement – Part 2 (Capacity building)**

*Learning objectives:*

- *Recraft life and work tasks to increase engagement*
- *Practice evidence-based engagement interventions*

#### **Concept 6: Relationships – Part 1 (Awareness building)**

*Learning objectives:*

- *Understand relationship science data and information*
- *Understand the impact of pain and pressure on relationships*
- *Describe the effect of conflict and bonding on the brain and body*

**Concept 7: Relationships – Part 2 (Capacity building)**

*Learning objectives:*

- *Increase positive interactions and proactive constructive communication*
- *Practice evidence-based interventions to strengthen relationships*

## WEEKEND TWO

**Concept 8: Meaning – Part 1 (Awareness building)**

*Learning objectives:*

- *Understand elements of purpose literacy*
- *Demonstrate understanding of personal purpose*
- *Create personal purpose statement*

**Concept 9: Meaning – Part 2 (Capacity building)**

*Learning objectives:*

- *Identify personal core values*
- *Practice evidence-based meaning interventions*

**Concept 10: Achievement – Part 1 (Awareness building)**

*Learning objectives:*

- *Understand what “achievement” is and what it is not*
- *Describe grit and resiliency*
- *Recall CoActive strategy components*

**Concept 11: Achievement – Part 2 (Capacity building)**

*Learning objectives:*

- *Assess best fit for positive emotion intervention*
- *Practice evidence-based achievement interventions*

**Concept 12: Mindfulness (Awareness building + Capacity building)**

*Learning objectives:*

- *Understand what “mindfulness” is and what it is not*
- *Describe self-compassion and meditation*
- *Recraft spaces to promote mindfulness*
- *Practice 5 minute or less mindfulness interventions*
- *Integrate mindfulness practice into life rhythm and workspace flow*

**Concept 13: Embodiment (Awareness building + Capacity building)**

*Learning objectives:*

- *Understand what “embodiment” is, what it is not and how to measure it*
- *Describe the effect of trauma on the brain and body*
- *Recraft spaces to promote embodiment*
- *Practice 5 minute or less embodiment interventions*
- *Integrate embodiment practice into life rhythm and workspace flow*

**Concept 14: Synthesis & Completion**

*Learning objectives:*

- *Synthesize learning from previous weeks for application in life and work*
- *Complete certificate experience requirements*