

Northern Hemisphere Course Calendar Overview

INTRODUCTION + WELLBEING AT ME LEVEL

DATE	REQUIREMENT	CONTENT
Tues., April 20 4:00 – 5:30 pm PST	Kick Off Call <i>Week 1</i> <i>90 minutes</i>	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., April 27 4:00 – 5:30 pm PST	PERMAH Quiz Call <i>Week 2</i> <i>60-90 minutes</i>	PERMAH Quiz Call
Wed., April 28 9:00 – 12:30 pm PST Thur., April 29 9:00 – 12:30 pm PST	Deep Dive: Me Level Live Workshop <i>Week 3</i> <i>6-7 Hours</i>	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.
	Assessment	Personal Wellbeing Challenge <ul style="list-style-type: none"> Create your Tiny Wellbeing Habit
Tues., May 4 4:00 – 5:30 pm PST	Coaching Call: Me Level Review <i>Week 4</i> <i>90 Minutes</i>	Wellbeing At Me Level <ul style="list-style-type: none"> Learning Loop: Tiny Wellbeing Habit Community Challenge Check-In: PERMAH Wellbeing Survey Debrief Spotlight Reflection: PERMAH Wellbeing Survey questions + tips
Tues., May 11 4:00 – 5:30 pm PST	Coaching Call: Health <i>Week 5</i> <i>90 Minutes</i>	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., May 18 4:00 – 5:30 pm PST	Coaching Call: Positive Emotions <i>Week 6</i> <i>90 Minutes</i>	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"> Record yourself debriefing someone's PERMAH Wellbeing Survey for Communities results

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:
Wed., May 26 9:00 – 12:30 pm PST Thurs., May 27 9:00 – 12:30 pm PST	Deep Dive: We Level Live Workshop/s Week 7 6-7 Hours	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.
	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., June 1 4:00 – 5:30 pm PST	Coaching Call: We Level Review Week 8 90 Minutes	Wellbeing At We 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., June 15 4:00 – 5:30 pm PST	Coaching Call: Engagement Week 9 90 Minutes	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., June 22 4:00 – 5:30 pm PST	Coaching Call: Relationships Week 10 90 Minutes	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: Complete your community conversation play story for a small group.

WELLBEING AT US LEVEL

	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
Wed., June 30 9:00 – 12:30 pm PST Thurs., July 1 9:00 – 12:30 pm PST	Deep Dive: Us Level Live Workshop <i>Week 11</i> <i>6-7 Hours</i>	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.
	Assessment	Personal Wellbeing Challenge <ul style="list-style-type: none"> • Create your Tiny Wellbeing Habit or Practice
Tues., July 13 4:00 – 5:30 pm PST	Coaching Call: Meaning <i>Week 12</i> <i>90 Minutes</i>	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., July 20 4:00 – 5:30 pm PST	Coaching Call: Us Level Review <i>Week 13</i> <i>90 Minutes</i>	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., July 27 4:00 – 5:30 pm PST	Coaching Call: Accomplishment <i>Week 14</i> <i>90 Minutes</i>	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
Tues., Sept 28 4:00 – 5:30 pm PST	Final Assessment <i>2 Months Later</i> Community Showcase Live Workshop <i>2 Months Later</i> <i>2 hours</i>	Wellbeing At Us Level: Community Wellbeing Challenge <ul style="list-style-type: none"> • Complete your community co-creation play story Final Showcase <ul style="list-style-type: none"> • Your community wellbeing stories