

Southern Hemisphere Course Calendar Overview

INTRODUCTION + WELLBEING AT ME LEVEL

| DATE | REQUIREMENT | CONTENT |
|--|---|---|
| April 17 9:30 – 11:00 am AEST | 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 |
| April 29 7:00 – 8:30 pm AEST | PERMAH Quiz Call <i>Week 2</i> <i>60-90 minutes</i> | PERMAH Quiz Call |
| May 8 9:00 – 12:30 pm AEST May 9 9:00 – 12:30 pm AEST | 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 |
| May 13 7:00 – 8:30 pm AEST | 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 |
| May 20 7:00 – 8:30 pm AEST | 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 |
| May 27 7:00 – 8:30 pm AEST | 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 |
| June 5 9:00 – 12:30 pm AEST June 6 9:00 – 12:30 pm AEST | 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 |
| June 10 7:00 – 8:30 pm AEST | 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 |
| June 17 7:00 – 8:30 pm AEST | 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 |
| June 24 7:00 – 9:30 pm AEST | 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 |
| July 3 9:00 – 12:30 pm AEST July 4 9:00 – 12:30 pm AEST | 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 |
| July 8 7:00 – 8:30 pm AEST | 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 |
| July 15 7:00 – 8:30 pm AEST | 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 |
| July 22 7:00 – 8:30 pm AEST | 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 |
| Sept 30 7:00 – 8:30 pm AEST | 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 |