



SYLLABUS

Wellbeing X Syllabus

This table provides a concise overview of the 7-module syllabus and additional sessions, helping participants understand the progression and focus areas of the Wellbeing X program.

Module	Content
Module 1: Wellbeing 101	Introduction to wellbeing concepts and definitions. Overview of the PERMAH framework (Positive Emotions, Engagement, Relationships, Meaning, Accomplishment, and Health). Understanding the Wellbeing Ecosystem (Individual, Group, and Community). Importance of small habits in sustaining wellbeing.
Module 2: Healthy Habits	Exploration of health as the foundation for wellbeing. Key topics: Health Reflection Round, healthy eating, mindful movement, sleep, and rest & recovery. Focus on preventing burnout, enhancing energy, and creating a Rooted Routine for Health.
Module 3: Positive Emotions	Examination of the role of all emotions in wellbeing. Key topics: Reflecting on emotional experiences, understanding “good” and “bad” emotions, using emotions as data for decision-making, and creating a Rooted Routine for Emotion.
Module 4: Engagement	Focus on strengths and their role in enhancing wellbeing, performance, and connection. Key topics: Reflection on strengths, defining strengths, exploring Strengths & Finding Flow, balancing strengths, and creating a Rooted Routine for Strengths.
Module 5: Relationships	Exploration of relationships and their impact on wellbeing and performance. Key topics: The importance of connection, high-quality connections (HQCs), barriers to connection, psychological safety, and creating a Rooted Routine for Relationships.
Module 6: Meaning	Understanding the role of meaning in overall wellbeing. Key topics: Reflection on experiences of meaning, the role of meaning in health and resilience, balancing passions, job crafting for alignment with values, and creating a Rooted Routine for Meaning.
Module 7: Accomplishment	Exploration of accomplishment with a focus on meaningful, values-aligned goals. Key topics: Importance of accomplishment, values in goal-setting, effective goal-setting practices, balancing striving and savoring, practicing self-compassion, and creating a Wellbeing Ripple.

Additional Sessions:

- ▶ **6 x Optional Coaching Sessions:** Available between modules for participants to engage in Reflection Rounds with the Facilitator.
- ▶ **1 x Coaching Session:** Dedicated to helping clients clarify their Wellbeing Ripple Plan, a small yet impactful intervention they will implement in their workplace or community.
- ▶ **1 x Wellbeing Ripple Roundup:** Final showcase where clients share reflections on their Wellbeing Ripple, celebrate each other's efforts, and plan next steps.