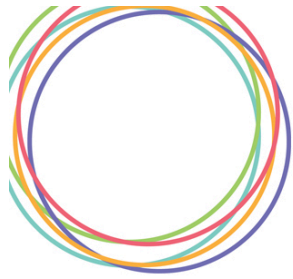




**Module 1:
Introduction to Wholebeing Happiness
Syllabus**



About

This course introduces key principles from the diverse sciences of optimal human functioning, including positive psychology, neurobiology, and the social and behavioral sciences. The research is integrated through the SPIRE model of well-being. Students are introduced to the concept of aiming towards an ideal self, the advantages of a positive focus, the five perspectives of well-being, how to engage character strengths and appreciation, and using evidence-based tools to make lasting change.

Objectives and Outcomes

- Understand the key principles of positive psychology
- Practice new perspectives—and learn how changing our mindset can be a leverage point for positive impact
- Apply the SPIRE model of well-being to increase appreciation for and application of a multifaceted view of thriving
- Focus attention towards the positive for more creativity, motivation, health, and overall success
- Integrate the personal learning by constructing a narrative that aims towards the ideal self

Who Should Take This Course

This program is designed for both personal and professional growth. Attendees have included social workers, psychologists, coaches, allied health professionals, yoga teachers, school teachers, business leaders, managers, and those looking to increase well-being. This course is about lasting change, continual movement in a positive direction, and a quicker recovery if you get off track.

Lesson Overview

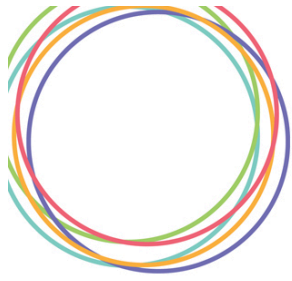
Module 1 is comprised of 10 lessons (two per week), with optional weekly live events on Facebook.

In **Lesson 1**, you'll learn about the happiness set point—our habitual way of falling back into our comfortable emotional level, and how we can lift that happiness level over time through our choices and actions. What we say yes to is important. You'll also begin to see, understand, and make sense of the many different, sometimes conflicting voices or selves within us. You'll play with the notion of aiming towards your "ideal self," the aspirational vision you hold for yourself.

Lesson 2 is all about the five perspectives of well-being, and how to paint your masterpiece of life using all five. You'll also learn how to learn—the practice we use to make sure lessons are not just superficially understood, but deeply taken in.

Lesson 3 is usually a game changer for students. You'll learn about putting your strengths front and center. And, in case you don't know your own strengths, we'll give you a tool for identifying what enlivens and energizes you—your personal power.

Lesson 4 helps you understand why positive emotions matter, and how our view of the world is shaped by the emotional lens we're looking through.



Lesson 5 covers the importance of paying attention, and how that focus can help build meaning and purpose in life.

Lesson 6 is all about relationships. You'll learn about the power of appreciation and of noticing what's working well in your connections with the people who are most important to you.

Lessons 7 and 8 are about the physical body—how to take care of it and how to align body and mind.

Lesson 9 is about fostering and following curiosity, using an open, engaged mind to stay connected to learning and growth.

Lesson 10 weaves it all together as you create a plan for a 30-Day Practice that serves you after the course is over.

Recommended Reading

Module 1 reading consists of books and academic articles that directly support the video lectures. They are recommended (not required) for developing an in-depth understanding of thriving, as well as a basis for supporting your 30-Day Practice plan.

Baumeister, Roy F., Ellen Bratslavsky, Catrin Finkenauer, and Kathleen D. Vohs. "Bad Is Stronger than Good." *Review of General Psychology* 5.4 (2001): 323-70.

Bishop, Scott R., Mark Lau, Shauna Shapiro, Linda Carlson, Nicole D. Anderson, James Carmody, Zindel V. Segal, Susan Abbey, Michael Speca, Drew Velting, and Gerald Devins. "Mindfulness: A Proposed Operational Definition." *Clinical Psychology: Science and Practice* 11.3 (2006): 230-41.

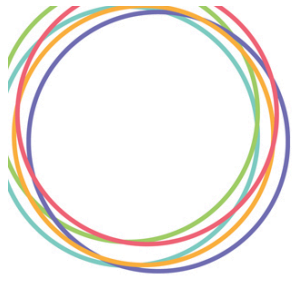
Ben-Shahar, Tal. *Choose the Life You Want: 101 Ways to Create Your Own Road to Happiness*. New York: Experiment, 2012.

Buettner, Dan. *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. Washington, DC: National Geographic Society, 2009.

Cohn, Michael A., Barbara L. Fredrickson, Stephanie L. Brown, Joseph A. Mikels, and Anne M. Conway. "Happiness Unpacked: Positive Emotions Increase Life Satisfaction by Building Resilience." *Emotion* 9.3 (2009): 361-68.

Emmons, Robert A., and Michael E. McCullough. "Counting Blessings versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-being in Daily Life." *Journal of Personality & Social Psychology* 84.2 (2003): 377-89.

Gable, Shelly L., and Jonathan Haidt. "What (and Why) Is Positive Psychology?" *Review of General Psychology* 9.2 (2005): 103-10.



Garland, Eric L., Norman A. Farb, Philippe R. Goldin, and Barbara L. Fredrickson. "The Mindfulness-to-Meaning Theory: Extensions, Applications, and Challenges at the Attention- Appraisal-Emotion Interface." *Psychological Inquiry* 26.4 (2015): 377-87.

Ibarra, Herminia. "You're Never Too Experienced to Fake It Till You Learn It." *Harvard Business Review*. HBR, 08 Jan. 2015.

Kashdan, T. B., & Steger, M. F. (2007). "Curiosity and pathways to well-being and meaning in life: Traits, states and everyday behaviors." *Motivation and Emotion*, 31, 159-173.

King, L. A. "The Health Benefits of Writing about Life Goals." *Personality and Social Psychology Bulletin* 27.7 (2001): 798-807.

Lyubomirsky, Sonja, Laura King, and Ed Diener. "The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?" *Psychological Bulletin* 131.6 (2005): 803-55.

Lyubomirsky, Sonja. *The Myths of Happiness: What Should Make You Happy but Doesn't, What Shouldn't Make You Happy but Does*. New York: Penguin, 2013.

Niemiec, Ryan M. "VIA Character Strengths: Research and Practice (The First 10 Years)." *Cross-Cultural Advancements in Positive Psychology Well-Being and Cultures* (2012): 11-29.

Park, N., Peterson, C., & Seligman, M. E. P. (2004). "Strengths of character and well-being." *Journal of Social & Clinical Psychology*, 23, 603–619.

Rath, Tom. *Eat Move Sleep: Why Small Choices Make a Big Difference*. Arlington, VA: Missionday, 2013.

Dr. Sara Mednick, PhD, Assistant Professor of Department of Psychology at the University of California, Riverside: "Give It Up for the Down State."

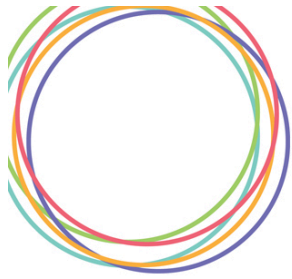
Thacker, Karissa. *The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self*. Hoboken, NJ: Wiley, 2016.

Toepfer, Steven M., Kelly Cichy, and Patti Peters. "Letters of Gratitude: Further Evidence for Author Benefits." *Journal of Happiness Studies* 13.1 (2011): 187-201.

Wiseman, Richard. *The As If Principle: The Radically New Approach to Changing Your Life*. New York: Free, 2013.

TECHNOLOGY

Your course material is housed in the virtual classroom, a password-protected area where students watch the videos, use the worksheets for exercises and reflections, and get information on all course-



related material. Wholebeing Institute hosts live events on Facebook to connect our community.

Faculty

Megan McDonough is the CEO and co-founder of Wholebeing Institute. She is lead faculty for the course, responsible for your video lessons.

Karen Whelan-Berry, PhD, is passionate about facilitating positive and effective change for individuals, teams, and organizations. Karen is the course manager, responsible for moderating the live events.

Guest Lecturers

Along with the video lessons, you'll watch video interviews with positive psychology researchers so you can hear about the science directly from the people doing the work.

Barbara Fredrickson, PhD, is among the most highly cited scholars in psychology. She's director of the PEP lab at the University of North Carolina, Chapel Hill, focusing on the study of positive emotions.

Sara Algoe, PhD, researches what helps things go right in social interactions. She is an assistant professor in the Department of Psychology and Neuroscience at the University of North Carolina at Chapel Hill, and the director of the Emotions and Social Interactions in Relationships Lab.

Kristen Lindquist, PhD, studies the nature of emotion—what emotions are, how they are created, and how we experience and perceive them in daily life. She's an assistant professor in the Department of Psychology and Neuroscience at the University of North Carolina, Chapel Hill, and director of the Carolina Affective Science Lab.

Patty Van Cappellen, PhD, is an experimental social psychologist interested in the psychology of religion, spirituality, health, and morality. Patty is the associate director of the Interdisciplinary and Behavioral Research Center at Duke University.

Tal Ben-Shahar, PhD, is co-founder of Wholebeing Institute. He holds a doctorate in organizational behavior and a bachelor's degree in philosophy and psychology from Harvard.

Maria Sirois, PsyD, is the course director for WBI's yearlong certificate course. She's the author of *Every Day Counts: Lessons in Love, Faith, and Resilience from Children Facing Illness* and *A Short Course in Happiness After Loss*.

Megha Nancy Buttenheim, MA, E-RYT 1000, is CEO and founding director of Let Your Yoga Dance® LLC, and author of *Expanding Joy: Let Your Yoga Dance, Embodying Positive Psychology*.