

| Grow your career.
| Level up for the future.

Workplace Wellbeing: Unleashing our Best Selves

Lead to empower in the new reality.



Schulich
School of Business
Executive Education

| YORK U



Workplace Wellbeing: Unleashing our Best Selves

This is a two-day virtual program that combines active learning and practical application. Each day will be a combination of lecture and application. There will be one guest speaker in industry who will share how they strategically address wellbeing in their organization. Participants will also receive one hour of free consulting from one of the instructors in the three months following the program.

| **Grow your career.**
| **Level up** for the future.



2 days of study



Book this program [online](#)



Workplace Wellbeing: Unleashing our Best Selves

Wellbeing is a top concern for most employers. Employees are feeling stressed, burnt out, disconnected. No matter how strong organizations and employees were before the pandemic, the stress fractures magnified and leaders must navigate new realities. Furthermore, in such a volatile, uncertain, complex, and ambiguous world, these feelings may continue without the right support. That said, research also tells us that even in the face of tremendous adversity and stress, we can still buffer, bolster and build our wellbeing if we are intentional about pausing, taking stock, and working together. Times of challenge can set the stage for profound growth and both individual and collective wellbeing. Resilient organizations must begin with a focus on the people and how to bring about systemic focus on employee wellbeing in office and hybrid work environments. This approach can also be leveraged for greater talent attraction and retention. This course will provide evidence-based frameworks, practical tools and best practices for bringing wellbeing to life at work.



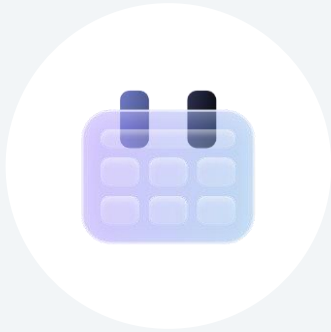
2 days of study



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Program Highlight



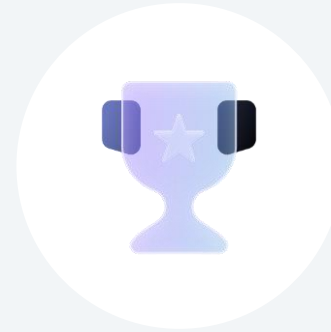
2 days of Study

Rich learning in just
2 days of study



Learn from the Pros

Train with top-rated Schulich
ExecEd instructors that are
consistently ranked among
the world's best.



Stand Out from the Crowd

Get unique, practical skills in
positive leadership designed
for the modern workplace.

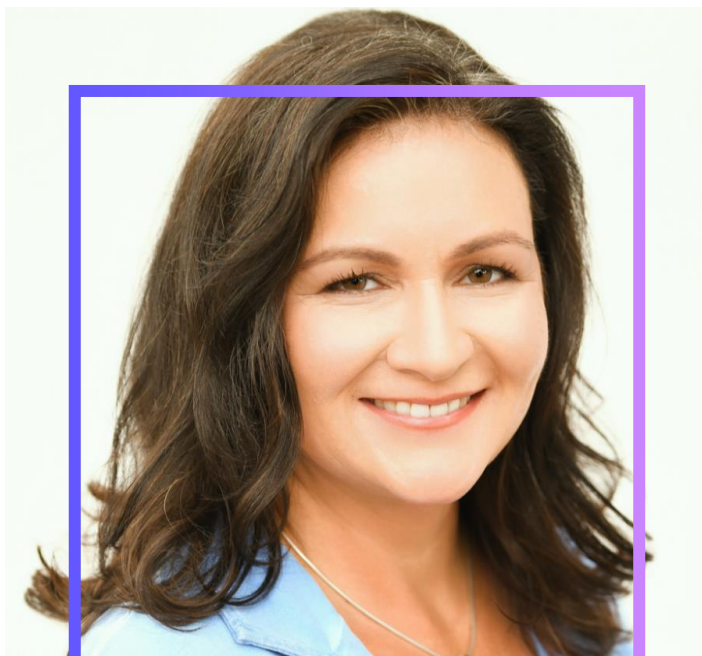


Foundational Badge

Signifies that you've gained
information and insight into
new skills.



Program Faculty



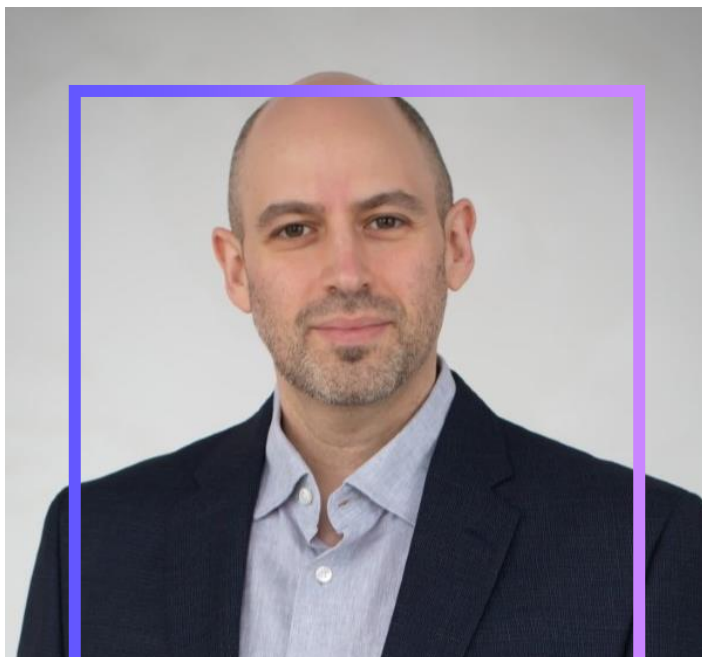
Megan Mitchell

Megan is a dynamic speaker, consultant, facilitator, coach and educator with over 25 years of experience in innovation, leadership and change management. She serves as the Program Director for the Centre of Excellence in Innovation Leadership at the Schulich ExecEd, an extension of the Schulich School of Business, York University. Megan is an expert in facilitating large-scale innovation teams, design thinking and building a climate that supports creativity and innovation. Her work led to winning the NQI Award for a Healthy Workplace.

Megan is keenly interested in what helps people thrive in organizations. She graduated with distinction in Applied Positive Psychology and Coaching Psychology from the University of East London. She is a former Director of Innovation and Leadership Development with Johnson & Johnson Inc. Megan is a co-author with Marilyn Blocker and Andrea Zintz of the 2018 book, *Orchestrating Sustainable Innovation*.



Program Faculty



Andrew Soren

Andrew Soren is CEO of Eudaimonic by Design and part of the faculty at the University of Pennsylvania's internationally renowned Masters of Applied Positive Psychology Program.

For the past 20 years, Andrew has worked with some of the most recognized brands, nonprofits and public sector teams to co-create values-based cultures, develop positive leadership, and design systems that empower people. He founded Eudaimonic by Design to bring together a global network of facilitators, consultants and advisors who share a passion for wellbeing and believe organizations must be designed to enable it. They harness the best of scholarship and years of experience to design systems that unlock potential and bring out the best in people. He is on the board of the International Positive Psychology Association and is the co-chair of its 8th World Congress on Positive Psychology, taking place in Vancouver, July 20-23, 2023. Andrew is an ICF certified coach and is based in Toronto.

Program Content



Module 1 The Business Case for Wellbeing

Many leaders think of wellbeing of employees as a nice to do versus a need to do. Discover the finer aspects of positive leadership to make a difference to all areas of your business, including the top and bottom lines.

- Discover the business case for wellbeing in business outcomes, employee retention and innovation
- Identify the aspects of positive psychology, positive leadership, and positive organizational scholarship
- Assess areas of opportunity for your team or organization
- Explore the differences between mental health and wellbeing and why it's important to take action on both.

Module 2 Individual Wellbeing and Transformation

This module will focus on how we, as individuals, can benefit from wellbeing initiatives. We take a closer look at leading tools to experience the wellbeing shifts personally so that we are better informed as leaders to design and execute strategy with specific goals in mind.

- Tour the science of wellbeing and dive into pillars such as positive emotions, engagement, relationships, meaning and accomplishment
- Assess your own wellbeing to identify areas you may want to focus on in the weeks and months ahead
- Walk away with some simple resources and practical tools you can use to help yourself, and those you support daily, such as resilience, leveraging strengths and job crafting
- Consider how you can facilitate positive leadership to effect wellbeing in others

Program Content



Module 3 Organizational Wellbeing and Transformation

Individual wellbeing does not happen in a vacuum; it must also be enabled and supported within an organization context. In this session, we will explore how wellbeing can be built into our human operating systems for the moments that matter. Designing and executing our people programs in the right way can either empower or impede colleagues from being their best selves every day. Looking at the moments that matter most in the employee life cycle, we'll explore best practices and guiding principles for bringing wellbeing to life at work.

Module 4 Practical Application: Functioning to Flourishing

This practical session using appreciative inquiry will allow participants to consider the strategies and tools for application. Participants will collaborate to solve critical challenges they face, building on tools provided in previous modules. This opportunity for application and reflection is invaluable to developing critical skills and knowledge for application after the course. A guest speaker will bring to life the concepts in the course and share real-world application to drive engagement, productivity, and wellbeing.

Participants will be eligible for one hour of free consulting from one of the instructors following the program.

Who Will Benefit



Mid-Career Leaders

Managers and mid-career leaders responsible for achieving results through engagement and retention will develop future-proof leadership skills and prepare for more senior roles.



Senior Leaders

Senior leaders looking to effect positive change for their employees will learn to promote their wellbeing and carve a path to improved, sustainable work performance.

Completion Benefits

After completing Workplace Wellbeing: Unleashing our Best Selves, you'll receive an authentic digital badge from the #1 business school in Canada that employers will recognize.

As more and more companies look for candidates with specific skills, this badge on your CV will be a credible assurance of your achievements and expertise, allowing the right roles to find you faster.



Foundational Badge

Signifies that you've gained information and insight into new skills.

Why a Certificate at Schulich ExecEd?

There will no longer be a single transition from graduation to work in one's life.

Because few of us have the same job for life, we constantly have to re-invent ourselves, learn new skills and adapt to the changing marketplace and business environment. Today's professionals and executives must be able to quickly develop and fine-tune personal business skills to adapt and grow.

We are #1 Business School in the Country

We have the privilege of being ranked #1 and teaching top students from around the world.

Our Program is Unique

Distinction from growing competition in the job market.

We Provide a Combination of Skill Specialization & Range

Deepen your current skills and acquire new ones.



About Schulich ExecEd

At Schulich ExecEd, the professional development arm of the world class Schulich School of Business, all our programs are non-degree, mid-career acclaimed qualification that employers recognize and that you can add to your CV.

We Provide:

- Short programs building an individual business skill have industry recognized credentials for that skill
- Certificate programs build a wider skill set with a number of key skills
- Masters Certificates are an intense dive into Leadership, Management or specific Business skillsets. This is our highest mid-career professional development business school certification

Key Stats:

- Ranked #1 business school in Canada
- Ranked #12 in global MBA ranking
- Educated over 80,000 professionals across the world.
- Delivered over 4,000 programs virtually and in-person
- 96% of our graduates used knowledge or skills from the program on the job
- 87% of our graduates reported improved job performance
- Worked with over 500 companies worldwide

Over 450 leading faculty in areas of management, leadership, communications, finance, marketing, business development and strategy





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