



## THE PERMAH WELLBEING SURVEY CERTIFICATION

### Provide reliable and actionable insights on workplace wellbeing

Backed by science, immediately actionable, and taking less than five minutes to complete, The PERMAH Wellbeing Survey is used by people all over the world to reliably and confidentially measure their wellbeing. Originally created by Drs. Peggy Kern and Michelle McQuaid, the survey provides workplaces with a personalized report that assesses a de-identified, aggregated view of their peoples':

- State of Wellbeing (levels of thriving and struggle)
- Wellbeing AMPlifiers (levels of Wellbeing Ability, Motivation, and Psychological Safety)
- Individual, team, and workplace PERMAH factors (levels of Positive Emotion, Engagement, Relationships, Meaning, Accomplishment, and Health)
- Workplace Wellbeing Nutrients (levels of Diversity and Inclusion, Belonging, Competence, Autonomy, Resources, and Physical Safety)
- Workplace outcomes (Engagement, Satisfaction, and Performance)

[CLICK HERE FOR A SAMPLE WORKPLACE WELLBEING RESULTS REPORT](#)

While the workplace reports are easy to understand, leaders often want to talk to a wellbeing expert to dive deeper into their findings. As a result, hundreds of workplace debriefs have been provided to all over the world. If you'd like to be able to safely and confidently provide this service to your clients then this certification is for you.

#### CERTIFICATION OVERVIEW

The PERMAH Wellbeing Survey Certification gives you the knowledge, tools, and support you need to help teams and workplaces make sense of their survey results in ways that are intelligent and actionable and do no harm. You'll learn:

- **The surprising truths about workplace wellbeing** and how to help people practically apply Professor Martin Seligman's PERMAH wellbeing framework through a systems lens of 'Me' (individual), 'We' (team), and 'Us' (workplace) to surface practical insights and actions.
- **How to quickly create a psychologically safe learning space for sharing**, and why the outcomes of a workplace's survey results are not what will make the biggest difference when it comes to caring for wellbeing across their workplace.
- **How to confidently interpret and debrief the survey** and how to help leaders reflect on their workplace results in ways that spark meaningful and sustainable action.

## HOW THE CERTIFICATION WORKS

The certification has been carefully designed to give you the teaching, tools, coaching, and support you need to pass your final assessment.

REQUIREMENT	CONTENT
<b>PRE-WORK - Online</b> 6 Hours Self-Managed Online (unless previously completed)	<ul style="list-style-type: none"><li>Watch, listen to, or read the PERMAH Training Series (6 x 60 minute modules) and complete the PERMAH Quiz.</li></ul>
<b>DAY 1 - 4 Hours Live Class</b>  AEST - Tuesday 30th May 7am - 11am PST - Monday 29th May 2pm - 6pm EST - Monday 29th May 5pm - 9pm GMT - Monday 29th May 10pm - 2am  + 1 hour preparation homework	<b>The Surprising Truths About Measuring Workplace Wellbeing</b> <ul style="list-style-type: none"><li>The science that shaped The PERMAH Wellbeing Survey.</li><li>The reliability and validity of the workplace measures.</li><li>The limitations and cautions, and how we keep learning.</li><li>The ethical considerations in workplaces.</li></ul>
<b>DAY 2 - 3 Hours Live Class Each Day</b>  AEST - Wednesday 31st May 7am - 10am PST - Tuesday 30th May 2pm - 5pm EST - Tuesday 30th May 5pm - 8pm GMT - Tuesday 30th May 10pm - 1am  + 1 hour preparation homework	<b>Debriefing The PERMAH Wellbeing Survey</b> <ul style="list-style-type: none"><li>How The PERMAH Wellbeing Survey for workplaces works in practical terms.</li><li>Watch a live workplace survey debrief unfold.</li><li>Experimenting with debriefs (you will have 2 x 45-minute opportunities to practice debriefing a classmate).</li><li>Debrief feedback and questions.</li></ul>
<b>DAY 3 - 3 Hours Live Class Each Day</b>  AEST - Thursday 1st June 7am - 10am PST - Wednesday 31st May 2pm - 5pm EST - Wednesday 31st May 5pm - 8pm GMT - Wednesday 31st May 10pm - 1am	
<b>FINAL ASSESSMENT</b> 2 Hours Live At Time Of Your Choosing	<b>Your PERMAH Wellbeing Survey Assessment</b> <ul style="list-style-type: none"><li>Complete 2 x 45-minute debriefs for assessment.</li></ul>

## YOU'LL COME AWAY WITH:



A certification to provide PERMAH Wellbeing Survey debriefs.



A listing on our preferred list of PERMAH Wellbeing Survey debriefers.



Inside knowledge of the questions, calculations, and research behind the survey.



An workplace debrief guide to support your efforts.



Membership in our Wellbeing Lab Learning community.

## PRICING:

Certification \$2,495 AUD / \$1,838 USD

Annual certification renewal \$299 AUD / \$220 USD

Ready to take the next step? **Talk with our friendly team to plan your certification today.**