

# WOHASU® Certificate in Elements of Wellbeing



WOHASU®

In our mission to support a global movement towards wellbeing by increasing the awareness of The Elements of Wellbeing and how to achieve it on a personal, professional, and community level, we have created a curated, evidence-based curriculum to make it possible.

The program, based on the WHOASU ACE Model of Wellbeing was created by Karen Guggenheim, who has built a team, organization, and community dedicated to increasing Happiness in all areas of life. Our certification highlights learnings from The World Happiness Summit and features research and practices from leading experts.

## What's included:

- Access for 12 months to our **unique learning digital platform** through the WHOASU app and its exclusive content:
  - Interactive content with structured learning material, such as video lectures, webinars, WHOASU talks, polls, and Q&A's sessions.
  - E-book notes and articles.
  - Discussion forum where learners can ask questions, share insights, and connect with peers.
- **Skills development:** Including practical exercises and techniques for developing skills that contribute to happiness and wellbeing. This may include practices such as mindfulness meditation, positive self-talk, yoga, and gratitude journaling.
- **Personal assessment:** Including a personal assessment component to help individuals identify their strengths and weaknesses when it comes to happiness and wellbeing. This includes self-assessment surveys, and reflective writing prompts.
- **Community support:** We offer a community support component, providing opportunities for individuals to connect with others who are also working on their happiness and wellbeing certification, i.e., Online discussion forums, peer coaching, and in-person meetups.
- **Certificate diploma** upon completion of the program.



## Who is this program for?

- ✓ Team leaders including non-profits, start-ups, corporate and government
- ✓ Health practitioners and providers including psychologists, psychiatrists, social workers, life coaches, doctors and nurses, first responders, physical therapists, holistic health practitioners,
- ✓ Educators including K-12 teachers, graduate professors,
- ✓ Speakers and influencers
- ✓ Parents, caregivers and social advocates
- ✓ Anyone who is keen on pursuing education, development, wellbeing in the digital domain, and progress in technology.



**WOHASU®**

The **WOHASU Certificate** covers topics such as **positive psychology, mindfulness, gratitude, mattering, belonging, resilience, kindness, and social connections** and encourages students to become part of our global Happiness community. The program also teaches skills and techniques to help individuals increase their happiness and wellbeing, such as goal and intention setting, stress management, healthy habits, and growth mindsets.

Upon completion of the program, individuals receive a certificate indicating their proficiency in the subject matter. They will also be equipped with practical tools and **knowledge to improve their personal and professional life**, contribute to positive change in their community, and promote happiness and wellbeing for themselves and others. You also get access to the WOHASU Community of positive change makers.

## WOHASU® Elements of Wellbeing



Mindfulness



Purpose



Social



Physical



Career



Community



### Duration



6 months

with an option to extend

### Investment

USD \$2,599 one-time payment  
USD \$299 in 12 monthly payments

## Benefits

### Develop skills for a flourishing life

A wellbeing certification program can teach you skills and techniques to increase your happiness, wellbeing, and life satisfaction. These skills can be applied to your personal and professional life, leading to more positive outcomes.

### Boost productivity and performance

Research\* has shown that happier people are more productive and perform better in their jobs. By learning how to increase your own happiness, you may be able to improve your productivity and performance, leading to greater success in your career.

### Improve relationships

The WOHASU Certificate can also help you develop skills to improve your relationships with others, including communication, empathy, and conflict resolution. Studies found that better relationships can lead to greater happiness and wellbeing.

### Enhance resilience

Life can be unpredictable and challenging, but the WOHASU Certificate can help you develop resilience skills to better handle difficult situations. By building resilience, you may be better equipped to overcome obstacles and maintain a positive outlook in all aspects of life. Sometimes life events are uncontrollable but we can choose your reactions to those events.

### Contribute to positive change

By becoming certified in wellbeing, you can also contribute to positive change in the world. Happiness and wellbeing are critical components of a healthy society, and promoting these values can help create a better and more sustainable world for everyone.

\*Bellet, Clement and De Neve, Jan-Emmanuel and Ward, George, Does Employee Happiness have an Impact on Productivity? (October 14, 2019). Saïd Business School WP 2019-13, Available at SSRN: <https://ssrn.com/abstract=3470734> or <http://dx.doi.org/10.2139/ssrn.3470734>



## Register now

[wohasu.com/certificate](https://wohasu.com/certificate)