

SUSTAINABLE HAPPINESS
CERTIFICATE
AND
TRAINING

REALIZING WELL-BEING FOR ALL,
PERSONALLY AND
PROFESSIONALLY



Living Campus



Sustainable Happiness is: happiness that contributes to individual, community, and global well-being without exploiting other people, the environment or future generations.

Catherine O'Brien, PhD

SUSTAINABLE HAPPINESS CERTIFICATE

Participants in the Sustainable Happiness Certificate will be introduced to the concept of sustainable happiness and explore the implications of sustainable happiness, both personally and professionally. This is an experiential and applied certificate. Key topics include: sustainability, Nature ¹ as a mentor, positive psychology, well-being, happiness, and healthy/sustainable lifestyles.

OBJECTIVES

Participants will aim to:

- 1) Understand that their individual happiness and well-being are interconnected with the happiness and well-being of other people, their community and the natural environment.
- 2) Become familiar with basic principles of sustainability.
- 3) Become familiar with basic highlights from positive psychology research for fostering happiness and well-being.
- 4) Develop media literacy/happiness literacy – understanding how happiness is portrayed in popular culture and how this differs from positive psychology; and how the emphasis on consumption impacts sustainability.
- 5) Identify how sustainable happiness may already be evident in their organization.
- 6) Identify opportunities to apply sustainable happiness in their organization.
- 7) Be able to articulate their role as both choice-makers and change-makers with respect to sustainable happiness.

Note: The 24-hour Sustainable Happiness Certificate has been offered in diverse delivery formats: intensive 4-day program; 12-week program with participants committing to 2-hours per week. It can also be adapted for online delivery or other condensed options such as a series of evening or weekend workshops.

1 Nature is capitalized here following the recommendation to do so by the Earthvalues Institute. (earthvalues.org)

MODULES IN A 12-WEEK FORMAT:

Week One (2 hours)

Introduction to Sustainable Happiness, Positive Psychology

Week Two (2 hours)

Introduction to Happiness, Positive Psychology, Nature and Well-Being

Week Three (2 hours)

Sustainability, Living Campus, *Well-being for All*

Week Four (2 hours)

Sustainability, Living Campus, *Well-being for All* continued

Week Five (2 hours)

Media Literacy, Consumption, Gratitude

Week Six (2 hours)

Healthy Lifestyles, Generosity, Deep Learning Food Challenge

Week Seven (2 hours)

Compassion, Interdependence, Genuine Wealth

Week Eight (2 hours)

Nature Affluence, Techno Break, Sustainable Happiness Project – individual project

Week Nine (2 hours)

Footprint of Delight, Delightful Places, Nature as a Mentor

Week Ten (2 hours)

Living Schools, Making a Difference, Sustainable Happiness Group/Individual Project

Week Eleven (2 hours)

Sustainable Happiness Project

Week Twelve (2 hours)

Sharing Sustainable Happiness Project

SUSTAINABLE HAPPINESS FACILITATOR TRAINING

The Sustainable Happiness Facilitator Training program has been designed to broaden and deepen each participant's understanding of sustainable happiness. Through this 6-month program the participants will develop facilitation skills so that they are comfortable with giving presentations, and leading workshops or courses on sustainable happiness. The program will be primarily offered online and include readings, videos, experiential activities and questions to stimulate discussion with other members in the program. There will also be opportunities for the participants to facilitate sustainable happiness workshops with Dr. O'Brien, and on their own.

Instructor: As the creator of the concept of sustainable happiness, Dr. O'Brien is a world leader on sustainable happiness. Dr. O'Brien currently teaches in the Education Department at Cape Breton University.

OBJECTIVES

- 1) To broaden and deepen participant understanding of sustainable happiness through assigned readings, videos, reflection, and experiential learning.
- 2) To familiarize participants with applications of sustainable happiness for individuals, communities, and organizations.
- 3) To foster the development of facilitation skills for sustainable happiness education.
- 4) To deepen the participants' connection with Nature and enhance their capacity to incorporate this into their facilitation of sustainable happiness education.
- 5) To support participant self-assessment of their effectiveness as a facilitator of sustainable happiness education.
- 6) To enhance sustainable happiness for participants!

PROGRAM OVERVIEW

The Sustainable Happiness Training Program has six modules that will ideally be completed over a six-month time period. A brief outline for each module is below. Each module includes a component about incorporating Nature into sustainable happiness practice. This emphasizes the importance that Nature holds for truly appreciating the potential for sustainable happiness. It also builds capacity for sustainable happiness trainees to comfortably facilitate similar activities for future sustainable happiness workshop/course participants.

Module 1: Introduction to positive psychology, happiness studies, sustainable happiness, Nature and well-being.

Module 2: Sustainability, individual well-being, community well-being and *well-being for all* (which includes the non-human inhabitants on the planet).

Module 3: Shifting consumption, gratitude, appreciation, compassion, sustainable happiness project proposal.

Module 4: Nature as a mentor, outdoor learning, sustainable happiness project.

Module 5: Sustainable well-being, positive communication, sustainable happiness project.

Module 6: Facilitation (co-facilitation and solo facilitation).

Coursework requirements are similar to taking a 6-credit post-secondary under graduate course with additional personalized instruction on facilitation skills development. Time commitment would be approximately 3-4 hours per week.