

Overview of the GLWS E-Learning Accreditation Program



The E-learning program closely mirrors the content delivered in the face to face program and is accomplished in approximately 8-10 hours of study time. This can be completed in time sessions designed to suit the participant – each module has been structured to enable maximum flexibility. A detailed breakdown of the sessions is given below.

Module 1: Introducing the GLWS (1 hour online)

	Content	Timing
Session 1	Welcome & Introduction: What is wellbeing? Why focus on Executive Wellbeing? The Theoretical Underpinnings of Wellbeing	20 mins video clip
Session 2	The Mission and Development of the GLWS	10 mins video clip
Session 3	The GLWS Framework & Psychometrics	10 mins video clip
Session 4	Ethics and Principles of use of GLWS	15 mins video clip
Assessment task	Module 1 Quiz	5 mins online

Module 2: Interpreting the GLWS Personal Report (2 hours 40 minutes: 1 hour 5 mins online; 1 hour 25 mins self study)

	Content	Timing
Session 1	Introduction to the GLWS Personal Report	10 mins video clip
Session 2	Case Study One –Matthew Marvellous	30 mins self study
Session 3	Case Study Two – Tim Trial	5 mins video clip 35 mins self study
Session 4	Introduction to the Debrief Guide and Coaching Guide	5 min video clip 25 mins self study
Session 5	Introduction to a GLWS debrief	45 mins to watch demonstration debrief video clips
Assessment Task	Checklist for completion	5mins

Module Three: Practice with GLWS Personal Report (2 hours 45 mins; mostly practical)

	Content	Timing
Session 1	Setting up GLWS	5 mins video clip 5 self study / practical work
Session 2	Preparing to debrief	45 mins self study / preparation
Session 3	Conduct Practice GLWS Debrief	90 mins
Session 4	Reviewing your GLWS Debrief	15 mins self study / reflection
Assessment Task	Completion of Preparation and Reflection Sheets for practice GLWS	

Module Four: GLWS Team Interventions & Applications for GLWS (1 hours 45 mins: 60 mins self study /online; 45 mins live call or webinar)

	Content	Timing
Session 1	Introducing the GLWS Team Report	5 mins online self study 10 mins video clip
Session 2	Case Study – Troubled Inc	45 mins self study
Session 3	Applications of GLWS and live Q & A via call or webinar	45 minutes
Assessment Task	Completion of Case Study Questions (Troubled Inc)	

If you have any queries about the E-learning program, please contact us at admin@glswellbeing.com