

## Overview of GLWS Level 1 Peer Debrief eLearning accreditation

*The Level 1 Peer Debrief eLearning course closely mirrors the content delivered in the face to face program and is accomplished in approximately 15-18 hours of study plus practice debriefs. This can be completed in your own time and at your own pace. The course has been designed to enable maximum flexibility. All we ask is that it is completed within 3 months of starting the program.*

### **By the end of Level 1, you will be able to:**

- Gain an understanding of wellbeing and its influence on organisational outcomes
- Analyse and evaluate a GLWS Personal Report for key themes
- Conduct a GLWS debrief
- Create a value proposition to prospective internal or external clients

### **Key features of this course include:**

- GLWS Survey completion and GLWS Personal Report debrief during your course.
- A confidential one to one personal wellbeing coaching session from a fellow course participant to debrief your GLWS Personal Report.
- Access to our online ordering portal to place an order for a GLWS survey invitation to be sent on your behalf to a fellow learner on the same course to provide one another with an opportunity to practice your GLWS Personal Report practice debrief skills (under supervision).
- Extensive and high-quality online course materials.
- Access to MyGLWS membership – a dedicated online resource for the GLWS accredited community with coaching tips, resources and all the information you need to support your use of the GLWS Personal Report with your clients.
- Private group final live webinar, facilitated by GLWS expert, tailored to suit your group's specific context, questions and intended usage to complete the final steps of your Level 1 accreditation course.
- 3 months to complete your accreditation, followed by ongoing and unlimited access to a Level 1 eLearning refresher course.
- Offers of exclusive promotions and loyalty discounts.
- Eligibility to achieve GLWS Certified Practitioner status - after you have gained experience of conducting 10 x GLWS Personal Report debriefs and the impact of your work has been independently evaluated.

	<b>By the end of the lesson, you'll be able to:</b>	<b>How is the lesson structured?</b>
<b>Lesson 1</b>	<ul style="list-style-type: none"> <li>• Explain what wellbeing is</li> <li>• Discuss the influence of wellbeing on organisations</li> <li>• Explain how leader wellbeing impacts on organisational outcomes</li> <li>• Describe the GLWS tool and its purpose</li> <li>• Describe the GLWS 'Learn, Live, Lead and Embed' approach and its role in enabling better wellbeing for leaders</li> <li>• Describe the GLWS Framework and its relevance to wellbeing</li> <li>• Identify how the GLWS can be used to address organisation pain points</li> <li>• Answer questions regarding GLWS psychometric properties</li> <li>• Apply GLWS ethics and principles of use</li> </ul>	<p><b>Topic 1:</b> GLWS and Wellbeing in the Workplace  <b>Topic 2:</b> Development, Framework, Psychometrics and Principles of Use  <b>Quiz:</b> Multiple choice questions</p>
<b>Lesson 2</b>	<ul style="list-style-type: none"> <li>• Interpret the GLWS Personal Report within context</li> <li>• Explain the presentation of the Wellbeing Snapshot and Wellbeing Profile pages, including traffic light system, range, flags and mean response value</li> <li>• Identify potential areas for coaching / discussion from GLWS Personal Report</li> <li>• Prepare for a GLWS debrief</li> <li>• Conduct a GLWS debrief</li> <li>• Identify areas for follow-up and continued improvement</li> </ul>	<p><b>Topic 1:</b> Interpreting the Report, Case Studies  <b>Topic 2:</b> Preparing for a practice GLWS debrief with your buddy course participant  <b>Topic 3:</b> Debrief in Action  <b>Assignment:</b> Your own practice debrief – receiving the results of your GLWS Personal Report from your fellow buddy participant, and conducting a debrief for them on their results.</p>

<p><b>Lesson 3</b></p>	<ul style="list-style-type: none"> <li>• Position and integrate GLWS into your toolkit relevant to your client base and organisation</li> <li>• Identify and describe the organisational and individual pain points where GLWS can be applied to address specific needs</li> <li>• Appreciate gender, age and seniority benchmark patterns in wellbeing profiles</li> <li>• Know how to set up your GLWS usage so you can conduct an impact and benefits evaluation analysis to measure success and outcomes</li> </ul>	<p><b>Topic 1:</b> Position and apply GLWS  <b>Assignment:</b> Create value proposition and business-case</p> <p><b>Topic 2:</b> Key GLWS insights from a D&amp;I perspective  <b>Assignment:</b> Review GLWS benchmark data</p> <p><b>Topic 3:</b> Future directions, wrap-up and next steps  <b>Live webinar!</b></p>
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