

## **Overview of GLWS Level 1 Accreditation: LIVE Online Virtual Workshops Format**

*This GLWS Level 1 Accreditation format is completed via 3 x 2-hour LIVE online workshops, supported by optional self-directed study between each workshop. The course has been designed to provide the best of both worlds – the convenience of online study complemented by LIVE online virtual workshops.*

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

- Apply the latest models and thinking about employee wellbeing and its influence on organisational outcomes
- Communicate a deep and thorough understanding of wellbeing, its organisational context and influence on organisational outcomes.
- Talk about latest data insights on leader wellbeing and emerging themes – hybrid work, gender, burnout, pre- and post-Covid data + more.
- Practical hands-on experience using the GLWS framework and conducting a wellbeing assessment and debrief.
- Analysed and evaluated a GLWS Personal Report for key themes.
- Created a value proposition to prospective internal or external clients.
- Gained formal qualifications as a GLWS Accredited Practitioner.

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

- Virtual facilitation by experts in wellbeing, leadership and organisational psychology, with extensive theoretical and practical application of GLWS.
- Case studies and explorations of real-life programs and evidence-based learning will be utilised.
- Dedicated learning space to ask questions, enjoy live discussion and interact with learners from other organisations, supported by pre/post actions and optional self-directed learning.
- Your own GLWS Survey completion and GLWS Personal Report debrief.
- Access to a confidential one to one personal wellbeing coaching session (optional) from a peer to debrief your GLWS Personal Report.
- Complimentary trial of the GLWS survey and Personal Report for 1 ‘practice person’ debrief as part of your learning
- Extensive and high quality online course learning materials.
- Ongoing and unlimited access to MyGLWS member portal – a dedicated online resource for GLWS Accredited Practitioners with coaching resources and all the information you need to support your use of the GLWS.

	<b>Key Learning Areas:</b>	<b>Self-directed activities:</b>
<b>Workshop 1</b>	<ul style="list-style-type: none"> <li>• What is wellbeing – the current context</li> <li>• The influence of wellbeing on organisations</li> <li>• How leader wellbeing impacts on organisational outcomes</li> <li>• The GLWS tool and its purpose</li> <li>• The GLWS ‘Learn, Live, Lead and Embed’ approach and its role in enabling better wellbeing for leaders</li> <li>• The GLWS Framework and its relevance to wellbeing</li> <li>• Identify how the GLWS can be used to address organisation pain points</li> <li>• GLWS psychometric assessment properties</li> <li>• Applying GLWS ethics and principles of use</li> </ul>	<ul style="list-style-type: none"> <li>• Completion of your own wellbeing self-assessment via GLWS</li> <li>• Finding and setting up a volunteer to complete GLWS survey (ordering GLWS online)</li> </ul>
<b>Workshop 2</b>	<ul style="list-style-type: none"> <li>• What the GLWS Personal report looks like and how to interpret it</li> <li>• Explore and discuss ‘real’ GLWS Personal Reports</li> <li>• Identify potential areas for coaching / discussion from GLWS Personal Report</li> <li>• Explore your own wellbeing and GLWS Personal Report</li> <li>• Practice part of a wellbeing conversation using GLWS report</li> </ul>	<ul style="list-style-type: none"> <li>• Preparing for the GLWS debrief</li> <li>• Debrief in Action (video)</li> <li>• Completion of a GLWS debrief with your nominated volunteer</li> </ul>

<p><b>Workshop 3</b></p>	<ul style="list-style-type: none"> <li>• Reflections on practice GLWS debrief</li> <li>• Positioning and applying GLWS</li> <li>• Identify and describe the organisational and individual pain points where GLWS can be applied to address specific needs.</li> <li>• Latest GLWS data and research.</li> <li>• Appreciate gender, age and seniority benchmark patterns in wellbeing profiles.</li> </ul>	<ul style="list-style-type: none"> <li>• Debrief reflection notes</li> <li>• GLWS/Wellbeing value propositions, commercial program positioning</li> </ul>
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