Thriving Through Change
A Burst of Wellbeing

Join these 30 minute opportunities using the PERMAH framework and designed for adults to discover additional skills to struggle well and thrive through change.

Tuesdays, 12:00pm
Fridays, 8:00am
virtually, on zoom

DiscoverYou™
a subsidiary of The ROCK C4YD
## Meeting Topics and Dates: Series 1

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Tuesdays at 12:00 pm

Fridays at 8:00 am

impact@discoveryou.education

www.therockc4yd.org/virtual

Discover You™
Create Wellbeing & Master Optimism

What is the skill?

Understand the diverse ingredients (pillars) of wellbeing as PERMAH (Positive Emotions, Engagement, Relationships, Meaning, Accomplishment, and Health) and why it is a critical skill. Optimism is a thinking style that can be learned.

When/How to use it?

Assess your wellbeing by seeing how satisfied you are with each of the six pillars (or visit www.mildand.permahsurvey.com to use an automated tool). Work off your baseline to see how you can change the levers with simple positive interventions. Use the explanatory style to maneuver thinking and increase optimism.

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Tuesday, 4.21 at 12:00 pm
Exercise Real-Time Resilience

What is the skill?

Recognize when some resilient thinking is in order and use the ABC model when you find yourself ruminating in the past or the Putting in Perspective tool if you’re catastrophizing the future.

When/How to use it?

The A (Adversity) B (Belief) C (Consequence) model demonstrates that the A remains constant; however the B we choose affects the C. Increasing awareness of our beliefs helps us to improve our outcomes and increase resilience. Avoid thinking traps: Jumping to conclusions, tunnel vision, overgeneralizing, etc are examples of traps that often lead to inaccurate assessments of situations. To put something in perspective, practice identifying the Worst case, Best case, and Most likely case scenarios.

Friday, 4.24 at 8:00 am
Foster Engagement & Enhance Savoring

What is the skill?

Engagement is most often defined as “a positive, fulfilling state of mind that is characterized by vigor, dedication, and absorption”. Being in a state of mindfulness vs. mindlessness. Savoring consists of awe, gratitude, basking, and luxuriating and is a means to mindfully engage.

When/How to use it?

Increase attention and engagement by building regulation (meditation), taking up a creative challenge (adaptation), reframing thoughts (flexibility), avoiding absolutes (contexts), thinking like a five-year-old (novelty), and looking for positives. When you are experiencing something good amplify the positivity by practicing savoring.

Tuesday, 4.28 at 12:00 pm
Leverage Strengths

What is the skill?

Character strengths are positive personality traits that reflect what is good, practical, and authentic in people. Neurological superpowers! Identify and use Strengths to recognize the best of yourself and the best of others, to build engagement, positive emotions, and meaning.

When/How to use it?

Use in building respectful effective teams and families.

Friday, 5.1 at 8:00 am
Investing in Relationships

What is the skill?

Relationships are key to life as we are relational creatures. Being fully present and mindful are means to enhancing our connections.

When/How to use it?

Use in personal and professional relationships.

Tuesday, 5.5 at 12:00 pm
Building Hope

What is the skill?

Hope requires a vision of the future and goals, pathways towards that goal, and belief in the ability to reach goal.

When/How to use it?

Use as a powerful inner resource to harness strength, find connection, and create the future we want to live in.

Friday, May 8 at 8:00 am
Explore Your Why

What is the skill?

Purpose increases happiness, motivation, commitment, satisfaction and performance. Finding and leveraging our why increases the meaning in our lives.

When/How to use it?

Use your why to increase wellbeing at work and home, in play and professions.

Tuesday, 5.12 at 12:00 pm
Increase Meaning and Purpose

What is the skill?

Meaning and purpose are made up of sense of belonging, being in service to others, and connections to something bigger than yourself.

When/How to use it?

Use to increase your sense of fulfillment and meaningfulness of life and work.

Friday, 5.15 at 8:00 am
Build Better Goals

What is the skill?

Goals that are approach goals, offer accountability, and include a plan B and primers are significantly more likely to be achieved.

When/How to use it?

Use in both formal and informal goal setting to increase accomplishment.
Develop a Growth Mindset

What is the skill?

The view you adopt for yourself that believes our abilities and characteristics can change, it is how you learn and grow and profoundly affects our world view.

When/How to use it?

Use it a lens through which you allow your perception of others and circumstances to evolve.

Friday, 5.22 at 8:00 am
Build Tiny Habits

What is the skill?

Use the Fogg Formula: “After I... I will...And to celebrate...”.
This is a simple process of choosing an existing routine to anchor a new tiny habit to, scale back a new habit to bite size, and then providing yourself a positive reward.

When/How to use it?

When you are procrastinating or falling short of setting and keeping goals in a certain domain of your life, shrink them down to a tiny behavior that can be done in 30 seconds or less.
Consider the Upside of Stress

What is the skill?

Stress doesn’t have to be negative, and in fact it brings value. Stress responses come as cues that something important to us is being threatened. Choosing which stress response (fight, flight, freeze, or rise to the challenge) helps guide us to more positive outcomes.

When/How to use it?

View your stress as a challenge rather than a threat. Stress gears your body up to face the challenge. You’ve handled stress before and you’ll handle it again. You’ve got this.

Friday, 5.29 at 8:00 am
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A Burst of Wellbeing

About the presenter
Beverlee Wenzel focuses on co-creating a world in which every person has the opportunity to live their potential. Wenzel is the Executive Director of The ROCK Center for Youth Development and Chief Creative Director and author of Discover You™, a social emotional intelligence and character development program for middle through post-secondary students, and co-creator of The Certificate in Creating Wellbeing. Wenzel is an active speaker, presenter, facilitator and coach, providing professional development, workshops, and keynotes to adults and youth. She is a Certified Public Manager (Saginaw Valley State University), Certified Fundraising Manager (Lily Fundraising School), an Applied Positive Psychology Practitioner, and change leader.

impact@discoveryou.education
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