



The Wellbeing Elixir

Learning Goals:

At the completion of **The Wellbeing Elixir**, participants will have gained the knowledge and tools to:

- Identify challenges to their personal wellbeing
- Write a personal mission statement that reflects their “why” and what gives their life meaning
- Define compassion, gratitude, grit, generosity, mindfulness, and confidence and how these skills can enhance their sense of wellbeing and resilience
- Apply a process of ongoing self-evaluation to personal performance improvement
- Create a personal and professional development vision and plan to enhance their sense of wellbeing and resilience
- Identify resources that can help them build their resiliency skills and enhance their personal and professional journey

The Wellbeing Elixir is developed by educators for educators and explores concepts related to wellbeing and resilience including what gives life meaning and self-care strategies to improve mind, body, and spirit.

Course Length: 18 hours
Course Access: The course enrollment will expire one year from date of purchase.

Who Will Benefit From This Course:


- Faculty



EARN THIS BADGE

Achieving overall wellbeing and resilience is a balance of physical, emotional, mental, social, and spiritual practices and indicators. If you’re like many other education professionals, you recognize this. Maybe you’ve taken some steps to improve your wellbeing or have tried to help your colleagues and students. But this is a heavy burden to bear, especially alone. Start building a better you with **The Wellbeing Elixir!**

PRICING			
1 person	2-9 people	10-49 people	50-99 people
\$299 per person	\$229 per person	\$179 per person	\$159 per person



 For group enrollment, please contact Magna Sales at sales@magnapubs.com or call 800-433-0499 ext. 183 to receive a customized quote.

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The presenters of The Wellbeing Elixir are educators like you. They have gone through similar challenges and searched for answers from both ancient traditions and modern scientific methods. They will guide you step-by-step through this asynchronous online course.

- The Wellbeing Elixir includes asynchronous learning and additional on-demand recorded group Zoom sessions.
 - » The asynchronous course features videos, transcripts, supplementary materials, assignments, and reflection questions to further enhance your learning. Each module provides materials that support many styles of learning and offers additional research for those who want to dig deeper into a particular subject.
 - » The 12 recorded Zoom sessions are led by the presenters, spotlighting and diving into a specific wellness topic. These serve as additional beneficial content and resources as they provided additional guidance on a plethora of important wellness themes.