



Wellbeing Elixir for Students

Learning Goals:

At the completion of the **Wellbeing Elixir for Students**, students will be able to:

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

Developed by educators who understand the challenges students face, the **Wellbeing Elixir for Students** helps students address wellbeing and resilience in order to become healthier in both their personal and academic lives.

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


The presenters of the **Wellbeing Elixir for Students** are higher-education wellness experts who teach many courses on wellbeing in higher education. They understand the challenges, stress, and pressure students face and will guide students step-by-step through this online course.

Students will learn how to be more resilient when they experience setbacks in their lives—no matter educational, personal, or professional. And they will gain the tools to help others, too. This is a comprehensive opportunity for students to understand the steps toward wellbeing and to create a personal plan of action. When they face stress, pressure, or anxiety, they will be better equipped to handle it in a healthier way. This asynchronous course will help students experience less stress and more joy in all walks of their lives.



EARN THIS BADGE

PRICING			
1 person	2-4 people	5-9 people	10-19 people
\$139 per person	\$125 per person	\$109 per person	\$89 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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