

CiWPP FALL 2021 Course Calendar

Prerequisite: Module 1

Content available upon registration

Module 1.0: Introduction to Wholebeing Happiness

Monday, August 30, 2021

Wednesday, September 8, 2021	The importance of "yes" and the ideal self. Webinar
Wednesday, September 22, 2021	Negativity bias and practicing appreciation Webinar
Wednesday, October 6, 2021	Using attention purposefully and it's role in connecting Webinar
Wednesday, October 20, 2021	Your InSPIRED day, using your character strengths Webinar

Module 2.0: What makes us happy(ier)

Monday, November 1, 2021

Monday, November 1, 2021	Lessons
Monday, November 8, 2021	Lessons
Wednesday, November 10, 2021	Orientation and What Makes Us Happier Webinar
Monday, November 15, 2021	Lessons
Monday, November 22, 2021	break
Monday, November 29, 2021	Lessons
Wednesday, December 1, 2021	The History of PP and prep for immersion Webinar

Module 3: Prep for immersion

Monday, December 6, 2021

Wednesday, December 8, 2021	Final immersion prep
Thursday, December 9, 2021	Mod 3: Online immersion: Setting the Stage
Friday, December 10, 2021	Mod 3: Online immersion: Ideal self
Saturday, December 11, 2021	Mod 3: Online immersion: Authenticity, Writing and Listening
Sunday, December 12, 2021	Mod 3: Online immersion: Living with EASE, Habits. small group work
Monday, December 13, 2021	Mod 3: Online immersion: small group work
Monday, December 20, 2021	break

Module 4.0: Moving Towards Your Best Self

Monday, December 27, 2021

Monday, December 27, 2021	Lessons
Monday, January 3, 2022	Lessons
Wednesday, January 5, 2022	Habits and Reminders Webinar (begin 30-day practice)
Monday, January 10, 2022	Lessons
Wednesday, January 12, 2022	Moving Your Strengths
Monday, January 17, 2022	Lessons

Module 5.0: Living and Working Well With Others

Monday, January 24, 2022

Monday, January 24, 2022	Lessons
Monday, January 31, 2022	Lessons
Wednesday, February 2, 2022	Listening Webinar
Monday, February 7, 2022	Lessons
Monday, February 14, 2022	Lessons
Wednesday, February 16, 2022	Webinar

Module 6.0: Realizing Dreams

Monday, February 21, 2022

Monday, February 21, 2022	Lessons
Monday, February 28, 2022	Lessons
Wednesday, March 2, 2022	Realizing Dreams webinar #1
Monday, March 7, 2022	Lessons
Monday, March 14, 2022	Break Week, considering how final project fits into goal mapping
Monday, March 21, 2022	Lessons
Wednesday, March 23, 2022	Realizing Dreams webinar #2

Module 7.0: Resilience and Grit

Monday, March 28, 2022

Monday, March 28, 2022	Lessons
Monday, April 4, 2022	Lessons
Wednesday, April 6, 2022	Resilience Webinar #1
Monday, April 11, 2022	Lessons
Monday, April 18, 2022	Break week
Monday, April 25, 2022	Lessons
Wednesday, April 27, 2022	Resilience Webinar #2

Module 8.0: Choosing Your Best Life

Monday, May 2, 2022

Monday, May 2, 2022	Lessons
Monday, May 9, 2022	Lessons
Wednesday, May 11, 2022	Webinar
Monday, May 16, 2022	Lessons
Monday, May 23, 2022	Lessons
Wednesday, May 25, 2022	Webinar

Module 9: Prep for Immersion, Final Project Completion

Monday, May 30, 2022

Thursday, June 2, 2022	Online immersion: Sociometry, getting re-connected
Friday, June 3, 2022	Online immersion: Openness & Expression in Learning
Saturday, June 4, 2022	Online immersion: SPIRE and presentations
Sunday, June 5, 2022	Online immersion: Gratitude, 5 years from now, Tools & Techniques
Monday, June 6, 2022	Online immersion: Power of Perspective
TBD	Optional in-person Wholebeing Experience