

WELL-BEING CIRCLES



Fact Sheet

HapPiness
Initiative 

In partnership with





WELL-BEING CIRCLES WAVE 4

Fact Sheet for Participant

Happiness Initiative (HI), will be launching Well-Being Circles Wave 4 (WBC4). These 8 weekly 2hr sessions endeavours for participants to acquire Well-Being Skills so as to improve lives.

We believe that each individual has the capacity to acquire Well-Being Skills to realise better versions of ourselves, hence not only benefitting ourselves but the community that we are part of.

WBC4 brings the community together to learn Well-Being Skills through sharing, reflection, and social support.

Objectives

WBC4 endeavours for participants to:

1. Acquire Well-Being Skills
2. Improve Well-Being Outcomes

Themes

WBC4 focuses on the following five general themes towards Well-Being:

- Mindset
- Passion
- Purpose
- Relationships
- Altruism

Skills-based Sessions

WBC4 is delivered through 8 sessions across 2 months. Each session is 2 hours long, and occur weekly.

In these 8 weekly sessions, you will learn Well-Being Skills that are supported by strong research evidence. Each session focuses on Well-Being Skills that belong to one of the five general themes.

More details about the Well-Being Skills are included below:





Theme	Well-Being Skills
Mindset	<ul style="list-style-type: none">• How we can reframe limiting beliefs towards constructive responses• How we can apply resilience strategies to manage difficult moments
Passion	<ul style="list-style-type: none">• How we can apply perseverance strategies towards our passion• How we can apply strategies to manage burnout and increase engagement
Purpose	<ul style="list-style-type: none">• How we can develop goals that matter
Relationships	<ul style="list-style-type: none">• How we can overcome limiting beliefs and develop compassion for self and others• How we can improve communication skills for better relationships
Other-Centeredness	<ul style="list-style-type: none">• How we can cultivate gratitude and kindness

Anchored on the Life Crafting methodology (Schipper & Ziegler, 2019), you will be able to apply the Well-Being Skills that you have learnt in four domains of your life: Personal, Professional/ School, Relational, and Community.

These 4 domains are guided by both Western and Eastern philosophies of well-being. The progression of these domains shifts our focus from self to others, hence benefitting the community we live in.





Format and Ground Rules of WBC

The WBC is made up of many circles, also known as groups. Each circle consists of up to 6 participants and 2 Well-Being Leaders (WBL).

During the session, the group will learn Well-Being Skills through the sharing of personal stories. After the session, participants will commit to putting the Well-Being Skills to practice.

To make the best out of the WBC experience, you need to be interested in wanting to improve your own and others' well-being. To fully benefit from this programme, you need to subscribe to our APECS ground rules:

- **A** - be **Authentic** to share openly
- **P** - be **Present**
- **E** - be **Empathetic**
- **C** - be **Committed** to your goals
- **S** - be **Supportive** of others

In order for participants to experience transformational change we encourage participants to adopt the following framework from Theory U:

- Open Mind - Being open to new perspectives
- Open Heart - Being open to loving-kindness towards self and others
- Open Will - Being open to take action

Disclaimer - Not A Mental Health Treatment Programme

It is important to emphasise again that the WBC is NOT a replacement for any existing mental health treatment programme. If you are experiencing mental health issues, please seek professional help.

If you are currently managing a mental health condition and would like to participate in this programme to strengthen your social support network, please declare it in the sign-up form. Prior to the start of the programme, participants are required to sign an indemnity form stating that should they experience the signs and symptoms of mental health conditions, they will be referred to mental health professionals.

Participants may be asked to discontinue from the programme should they be deemed unfit at any point during this programme.





Eligibility Criteria (For Participants)

To be a participant, interested Individuals must fulfil the following criteria:

1. Be 18 and above
2. Be available for all 8 sessions across the 2 months **
3. Eager to learn Well-Being Skills and improve own Well-Being
4. Comfortable with sharing and connecting with others

** Refer to the FAQ Section for all dates and time

What Will You Receive as a Participants?

- Receive a Well-Being Circles Journal
- Gain valuable insights into positive psychology and Well-Being Skills
- Forge valuable friendships with their group members
- Receive a digital certification as a participant
- Verification on LinkedIn from Happiness Initiative
- (Participants will only receive the certification if they attend at least 80% of the programme, i.e. 7 out of 8 sessions)





Pay as you wish programme

This well-being programme operates on a “pay as you wish model”. This nominal fee offsets a small fraction of the cost that makes this programme possible and also seeks to instil a sense of commitment so that the slot will not be wasted.

It is recommended that a minimum amount of “pay as you wish” should be \$50.

Feel free to indicate in the registration form, if you cannot fulfil the minimum amount.

How to Apply and “Pay as you wish”

For Participants: Application closes on **15 March 2024, 2359** (or earlier if the slots are filled up)

Sign-up Link: <https://www.surveymonkey.com/r/WBC4-P-Registration>

This is a “pay as you wish programme” with a minimum nominal fee of \$50.

After signing up, you will receive an email with instruction on the payment details.

Screen shot a record of your payment and upload it onto a google form that will be sent to you.

An email will be sent after, confirming of your slot in the programme AFTER payment is made and confirmed.

Slots will be confirmed on a first come first serve basis, after payment is made.





Frequently Asked Questions

General Questions

Q1. Who is the organiser of this programme?

Happiness Initiative is a social enterprise that aims to build a flourishing society with evidence-based interventions through our products and programmes. We endeavour to make Well-Being Skills accessible to everyone, and in doing so help people live a more fulfilling life.

We focus on three areas:

1. Raising awareness on the science of well-being
2. Translating research into application
3. Building a community of well-being advocates

Q2. Is this different from visiting a psychiatrist or clinical psychologist?

Our programme is NOT a therapy session. If you are currently experiencing a mental health condition, please seek professional help.

Instead, this programme aims to impart Well-Being Skills to bring about positive Well-Being Outcomes. This is facilitated through personal sharing in a group setting of up to 6 participants and 2 leaders.

Please refer to the Themes and Skills covered in this programme at the top.

Q3. If I am not a Singaporean, can I join this programme?

Yes, this programme is open to *all Singaporeans, PR and also non-Singaporean*. All participants will have to commit to all durations they signed up for.

Q4. Do I have to pay to join the programme as a participant?

Yes. Well-Being Circles operates on a “pay as you wish model”. This nominal fee offsets a small fraction of the cost that makes this programme possible and also seeks to instil a sense of commitment so that the slot will not be wasted.

It is recommended that a minimum amount of “pay as you wish” should be \$50. Feel free to indicate in the registration form, if you cannot fulfil the minimum amount.





Q5. Where will the sessions be held?

The sessions will be held at Mindcafe, every Saturday (10am - 12noon).

Q6. Do I have to bring anything for the sessions?

You will only have to bring some writing materials - as well as an open heart and mind. :-)

Q7. What is the duration of the programme?

It will take place across 8 weekly sessions through 2 months. Refer to the calendar below for specific dates.

Every Saturday @ Mindcafe

<u>Session</u>	<u>Saturday (10am - 12pm)</u>
Session 1	6 April 2024
Session 2	13 April 2024
Session 3	20 April 2024
Session 4	27 April 2024
Session 5	4 May 2024
Session 6	11 May 2024
Session 7	18 May 2024
Session 8	25 May 2024

(answer continued on the next page)





Frequently Asked Questions

For Participants

Q8. Can I apply as a participant for this programme with my friend(s)?

Yes, however, you might not be able to group together with your friends as participants. You will be randomly assigned to one group and will be informed of your group number.

Q9. There are one date that I cannot make it to - can I still join the programme?

Yes, you will be able to join the programme and you will still be eligible for a certificate if you complete at least 80% of the programme. However, as each session focuses on a unique Well-Being Skill, you should try your best to go through the journal for the session that you have missed.

Q10. Will I still receive the certificate if I only attended half of the programme?

No, unfortunately the certification and verification on LinkedIn will only be given to leaders and participants who complete at least 80% of the entire programme.



wellbeingcircles.sg



Participants Registration

<https://www.surveymonkey.com/r/WBC4-P-Registration>

For general enquiries
info@happinessinitiative.sg



happinessinitiative



happinesswahaha



happinessinitiative.sg

**WELL BEING
CIRCLES**
