

# WELL-BEING CIRCLES



## Fact Sheet

HapPiness  
Initiative 

In partnership with

*mccy*  
Ministry of Culture, Community and Youth



# WELL-BEING CIRCLES

## Fact Sheet for Participant and Well-Being Leaders

Happiness Initiative (HI), in partnership with the Ministry of Culture, Community, and Youth (MCCY), will be launching one of the largest community well-being programmes in Singapore to date, known as the Well-Being Circles (WBC).

The COVID-19 pandemic has tested the fabric of our community. It has taught us the importance of community, trust, support, and social networks—which is dependent on each individual member.

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.

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

The WBC will be part of a research study and its outcomes will inform future policy directions.

## Objectives

The WBC endeavours for participants and leaders to:

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

## Themes

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

- Mindset (our thoughts and beliefs)
- Purpose (our goals and what gives us meaning)
- Passion (our interests and drives)
- Relationships (our social connections)
- Altruism (our transcendence beyond our self-centred focus)





## Skills-based Sessions

The WBC is delivered through 12 sessions across 4 months. Each session is 2 hours long, the first 8 sessions occur weekly, and the last 4 sessions will occur fortnightly.

During the first 8 weekly sessions, known as the **Learning Phase**, you will learn Well-Being Skills that are supported by strong research evidence. Each session focuses on a Well-Being Skill that belongs to one of the five general themes.

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

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





This will be followed by 4 fortnightly sessions, the **Check-In Phase**, where these skills are being put into practice to help you achieve goals that matter to you, anchored on the Life Crafting methodology (Schippers & 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.

## Two Waves

As the WBC is part of a research study in partnership with MCCY, you cannot choose the wave, and you will be assigned to either Wave 1 or Wave 2. The dates for both waves are:

Wave 1: August to November 2022

Wave 2: January to May 2023

## Five Batches

Within each wave, there will be five batches to choose from, happening across the week at different locations. You will only need to attend one.

Batch Number	Venue	Day (Time)
1	Leng Kee Community Centre	Tuesdays (7pm-9pm)
2	Leng Kee Community Centre	Thursdays (7pm-9pm)
3	Pek Kio Community Centre	Tuesdays (7pm-9pm)
4	Pek Kio Community Centre	Thursdays (7pm-9pm)
5	Singapore Management University	Saturdays (10am-12pm)





## Format and Ground Rules of WBC

The WBC is made up of many circles, also known as groups. Each circle consists of up to 5 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

## 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 12 sessions across the 4 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 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 75% of the programme, i.e. 9 out of 12 sessions)

## How to Apply

For Participants: Application closes on **25 July 2022, 2359.**

Sign-up Link: <https://bit.ly/WBC-PR-FS>

### Post-6-Month Intervention

As this is part of a research study, we will follow up with you 6 month after the end of the programme. The date will be made known to you at the end of the programme.





## Eligibility Criteria (For Well-Being Leaders)

- Interested Individuals must fulfill the following criteria:
- Interest in promoting Well-Being Skills and connecting with others
- Eager to learn more about positive psychology and well-being
- Have some experience in group facilitation but not mandatory
- Confident in sharing and speaking with others in small group setting
- Able to commit to 12 sessions and 2 Saturdays of training\*\*
- Pass a selection interview

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

## What Will You Receive as a Well-Being Leader?

- Receive a Well-Being Leaders Handbook
- Gain valuable insights into positive psychology and Well-Being Skills
- Forge valuable friendships with their group members
- Receive a digital certification as a Well-Being Leader
- Verification on LinkedIn from Happiness Initiative
- (Leaders will only receive the certification if they attend at least 75% of the programme, i.e. 9 out of 12 session)

## How to Apply

For Well-being Leaders: Application **closes on 11 July 2022, 2359.**

Sign-up Link: <https://bit.ly/WBC-FR-FS>

### Post-6-Month Intervention

As this is part of a research study, we will follow up with you 6 month after the end of the programme. The date will be made known to you at the end of the programme.





## 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 5 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 or Well-Being Leader?**

No. This programme is completely free of charge for everyone.







### Q5. Where will the sessions be held?

There are 3 possible locations, Leng Kee CC and Pek Kio CC for weekday nights and Singapore Management University for Saturday mornings.

### 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. After I have completed the programme in Wave 1 as a participant, can I apply as a Well-Being Leader in Wave 2?

Yes. After your completion of Wave 1, you can inform us about your interest and we'll put you inside the list of facilitators.

### Q8. If I'm a Well-Being Leader in Wave 1, can I volunteer for Wave 2 as well as a Well-Being Leader?

Yes. After your completion of Wave 1 (as a WBL), you can inform us about your interest and we'll do our best to accommodate but it is subject to availability.

### Q9. What is the duration of the programme?

**12** Sessions

**2<sub>h</sub>** /Session

**4** Months



**Well-Being Skills Learning & Sharing**  
8 Weekly Sessions (2 Months)



**Review & Check-In**  
4 Fortnightly Sessions (2 Months)



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The WBC is delivered through 12 sessions across 4 months. Each session lasts for 2 hours. The first 8 sessions will occur weekly, and the last 4 sessions will occur fortnightly.

During the first 8 weekly sessions, known as the Learning Phase, you will learn Well-Being Skills that are supported by strong research evidence. Each session focuses on a Well-Being Skill that belongs to one of the five general themes.

This will be followed by 4 fortnightly sessions, known as the Check-in Phase, where these skills are being put into practice to help you achieve goals in four domains of your life: Personal, Professional/ School, Relational, and Community.

#### **Q10. What are the dates that I need to commit to?**

As participants, you will be randomly assigned into Wave 1 or Wave 2. Wave 1 will take place *between August to November 2022* and Wave 2 will take place between *January to May 2023*. As this is part of a research study in partnership with MCCY, you cannot choose the wave.

However, within your assigned wave, you can choose from one of the five batches that take place on different days and venues across the week. You only need to attend one day a week for the duration of the programme.

Note: Well-Being Leaders have an option to choose their preferred wave.

Wave 1 will be conducted in August to November 2022 (Batch 1 to 5). Please refer to the next page for the breakdown of the dates for Wave 1.

*(answer continued on the next page)*





**BATCH #1**  
**Every Tuesday @ Leng Kee Community Club - Wave 1**

<u>Learning Phase (7pm - 9pm)</u>	<u>Check-In Phase (7pm - 9pm)</u>
2nd August	11th October
16th August (9th August is skipped)	25th October
23rd August	8th November
30th August	22nd November
6th September	
13th September	
20th September	
27th September	

**BATCH #2**  
**Every Thursday @ Leng Kee Community Club - Wave 1**

<u>Learning Phase (7pm - 9pm)</u>	<u>Check-In Phase (7pm - 9pm)</u>
4th August	6th October
11th August	20th October
18th August	3rd November
25th August	17th November
1st September	
8th September	
15th September	
22nd September	





**BATCH #3**  
**Every Tuesday @ Pek Kio Community Club - Wave 1**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>2nd August</b>	<b>11th October</b>
<b>16th August* (9th August is skipped)</b>	<b>25th October</b>
<b>23rd August</b>	<b>8th November</b>
<b>30th August</b>	<b>22nd November</b>
<b>6th September</b>	
<b>13th September</b>	
<b>20th September</b>	
<b>27th September</b>	

**BATCH #4**  
**Every Thursday @ Pek Kio Community Club - Wave 1**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>4th August</b>	<b>6th October</b>
<b>11th August</b>	<b>20th October</b>
<b>18th August</b>	<b>3rd November</b>
<b>25th August</b>	<b>17th November</b>
<b>1st September</b>	
<b>8th September</b>	
<b>15th September</b>	
<b>22nd September</b>	





**BATCH #5**  
**Every Saturday @ Singapore Management University - Wave 1**

<b>Learning Phase, (10am to 12pm)</b>	<b>Check-In Phase (10am to 12pm)</b>
<b>6th August</b>	<b>15th October</b>
<b>20th August (13th August is skipped)</b>	<b>29th October</b>
<b>27th August</b>	<b>12th November</b>
<b>3rd September</b>	<b>26th November</b>
<b>10th September</b>	
<b>17th September</b>	
<b>24th September</b>	
<b>1st October</b>	





Wave 2 will be conducted in January to April 2023 (Batch 6 to 10). Please see below for the breakdown of the dates for Wave 2.

**BATCH #6**  
**Every Tuesday @ Leng Kee Community Club - Wave 2**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>10th January</b>	<b>21st March</b>
<b>17th January</b>	<b>4th April</b>
<b>31st January* (24th Jan is skipped)</b>	<b>18th April</b>
<b>7th February</b>	<b>2nd May</b>
<b>14th February</b>	
<b>21st February</b>	
<b>28th February</b>	
<b>7th March</b>	

**BATCH #7**  
**Every Thursday @ Leng Kee Community Club - Wave 2**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>12th January</b>	<b>16th March</b>
<b>19th January</b>	<b>30th March</b>
<b>26th January</b>	<b>13th April</b>
<b>2nd February</b>	<b>27th April</b>
<b>9th February</b>	
<b>16th February</b>	
<b>23rd February</b>	
<b>2nd March</b>	





**BATCH #8**  
**Every Tuesday @ Pek Kio Community Club - Wave 2**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>10th January</b>	<b>21st March</b>
<b>17th January</b>	<b>4th April</b>
<b>31st January* (24th Jan is skipped)</b>	<b>18th April</b>
<b>7th February</b>	<b>2nd May</b>
<b>14th February</b>	
<b>21st February</b>	
<b>28th February</b>	
<b>7th March</b>	

**BATCH #9**  
**Every Thursday @ Pek Kio Community Club - Wave 2**

<b>Learning Phase (7pm - 9pm)</b>	<b>Check-In Phase (7pm - 9pm)</b>
<b>12th January</b>	<b>16th March</b>
<b>19th January</b>	<b>30th March</b>
<b>26th January</b>	<b>13th April</b>
<b>2nd February</b>	<b>27th April</b>
<b>9th February</b>	
<b>16th February</b>	
<b>23rd February</b>	
<b>2nd March</b>	





**BATCH #10**  
**Every Saturday @ Singapore Management University - Wave 2**

<b>Learning Phase (10am to 12pm)</b>	<b>Check-In Phase (10am to 12pm)</b>
<b>14th January</b>	<b>25th March</b>
<b>28th January* (21st Jan is skipped)</b>	<b>8th April</b>
<b>4th February</b>	<b>29th April</b>
<b>11th February</b>	<b>13th May</b>
<b>18th February</b>	
<b>25th February</b>	
<b>4th March</b>	
<b>11th March</b>	







## **Frequently Asked Questions**

### For Participants

#### **Q11. 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.

#### **Q12. Do I have to pay to join the programme as a participant or Well-Being Leader?**

No. This programme is completely free of charge for everyone.

#### **Q13. What happens if I am assigned to a wave that I cannot make it to?**

As this is part of a research study that will have a wider landscape implication, we strongly encourage you to stick with the assigned wave.

#### **Q14. There are one or two dates 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 75% 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.

#### **Q15. 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 75% of the entire programme.





## Frequently Asked Questions

### For Well-Being Leaders

#### **Q16. Can I apply as a Well-Being Leader for this programme with my friend(s)?**

Yes, you will be able to indicate your friend's name at the sign-up form. We will do our best to accommodate your request. You can indicate your preferred Wave as well in the form.

#### **Q17. Do I have to pay to join the programme as a participant or Well-Being Leader?**

No. This programme is completely free of charge for everyone.

#### **Q18. There are one or two dates 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 75% 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.

#### **Q19. Is there training provided for Well-Being Leaders?**

Yes, 2 full-day training will be provided for selected Well-Being Leaders. Please refer to Question 22 (next page) for the specific dates and time.

#### **Q20. If I am interested in being a Well-Being Leader, what happens if I cannot make it for either or both the training dates?**

If you cannot make it for Wave 1 training dates, we will recommend you to join as a Wave 2 Well-Being Leader instead. All Well-Being Leaders are required to attend 2 full days of training.



**Q21. 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 75% of the entire programme.

**Q22. What are the dates for the Leaders' Training?**

Training for Leaders will be conducted from 9am to 5pm on Saturdays. In order to be ready as a Well-Being Leader, you have to be able to attend the two full-day training sessions for your wave.

<b>Wave 1 (Saturdays)</b>	<b>Time</b>	<b>Venue</b>
<b>16 July 2022</b>	<b>9am to 5pm</b>	<b>Singapore Management University</b>
<b>23 July 2022</b>	<b>9am to 5pm</b>	<b>Singapore Management University</b>
<b>First session will start from 2nd August 2022</b>		

<b>Wave 2 (Saturdays)</b>	<b>Time</b>	<b>Venue</b>
<b>26th November 2022</b>	<b>9am to 5pm</b>	<b>Singapore Management University</b>
<b>3rd December 2022</b>	<b>9am to 5pm</b>	<b>Singapore Management University</b>
<b>First session will start from 10th January</b>		



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## Participants Registration

[bit.ly/WBC-PR-FS](https://bit.ly/WBC-PR-FS)



## Well-Being Leaders Registration

[bit.ly/WBC-FR-FS](https://bit.ly/WBC-FR-FS)

### IMPORTANT INFORMATION

- You can only choose to sign up as a participant or leader
- Signing up for both will void both applications
- If not sure, sign up as a participant first.

For general enquiries  
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