



Executive Summary

The Wellbeing Elixir

To achieve optimal health, we must pay attention to our physical, emotional, mental, social, and spiritual wellbeing. **The Wellbeing Elixir** is a 6-unit course, blending asynchronous learning with monthly Zoom group sessions, in which participants will explore several concepts related to wellbeing and resilience, including what gives their lives meaning and self-care strategies to improve mind, body, and spirit. Participants will also learn how they can contribute to a more joyful workplace.

Topics Covered

The Wellbeing Elixir benefits those working in higher education with much-needed assistance and guidance to combat burnout and stress. Through this 6-unit course, the presenters cover:

- Building Blocks of Happiness and Resilience
- Mindfulness and Automatic Negative Thoughts
- Self-Compassion and Gratitude
- Self-Efficacy and Confidence
- Core Values and Goal Setting
- Generosity and Joy at Work

Features and Benefits

- 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 hybrid online course.
- The Wellbeing Elixir includes a mix of asynchronous learning and monthly, live group Zoom sessions.
 - The asynchronous portion of the 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 synchronous portion of this course—which is unlike any other course Magna Online offers—includes a monthly Zoom session. You'll meet with your fellow participants and the course presenters. No other course gives you this kind of regular, direct access to the course presenters.
- Course access lasts a full 12-months, based on your date of registration
- Join during the month you begin the course; the schedule will repeat, and you'll be able to complete all 12 topics.
- Participants can move through the course at their own pace throughout the year and check-in each month for deeper learning and discussion.

Course Length

Spend less than 1 hour per month to build a better you! This course includes:

- 4 hours of video
- 1 hour of reading materials, activities per unit (six units total)

Optional: Monthly Zoom gatherings to answer your questions

Satisfaction Guaranteed

If you are not completely satisfied with your purchase, you may receive a full refund within 30 days of purchase.

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How to Order

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