



COURSE NAME	COURSE AUDIENCE	COURSE OVERVIEW & LEARNING OUTCOMES	ASSESSMENT QUESTIONS	CPD POINTS/DURATION
Wellbeing at Work Webinar	Builder	<p>In this webinar you will learn about how taking small steps on a daily basis can lead to big changes in wellbeing.</p> <p>Wellbeing includes physical, social, and emotional health factors.</p> <p>By the end of the session you will:</p> <ol style="list-style-type: none"> 1. Learn about the concept of “flourishing’ and the importance of optimum mental and physical health for wellbeing. 2. Learn about stress and the importance of recovery for optimum mental health 3. Learn about the PERMA model 4. Discover the benefits of positive emotion and learn some practical tips to boost your happiness levels. 	<p>A series of online closed questions that are auto marked; questions are directly related to the learning material covered in the course.</p> <p>Participants are required to achieve a pass rate of 80% to successfully complete the course.</p> <p>The course allows up to three (3) attempts to successfully complete all the assessment questions. Participants will be sent a CPD certificate by email upon successful completion of the course materials and assessment process</p>	1 CPD point / 1 Hour