



SCHOOL EDITION

- Boost effectiveness and productivity
- Cultivate positive and proactive teams
- Enhance staff wellbeing

Wellbeing and productivity are inextricably linked to creating a high performing workplace culture, where staff are productive, positive, proactive and performing at their peak, regardless of change.

This annual program can be delivered as self-paced learning or at the end of staff/ team meetings in the format of supervisor led conversations. The program has the power to help you manage and mitigate risk by:

- Demonstrating leadership commitment
- Creating a common language and understanding of key productivity and wellbeing concepts amongst all staff
- Addressing wellbeing and productivity as essential ingredients to safer, happier workplaces
- Supporting staff to be proactive at work, regardless of their position
- Supporting staff to embed positive change in their life, at work, and at home.



The WELL Productivity® Professional Support Program provides:

- An annual focus for your professional development with 10 months of content
- 20 engaging action-focused units each comprising concise 5 minute video tutorials with handouts and resources
- Practical exercises to undertake in the workplace and/ or at home
- Quick and easy access to content via computer, tablet or smart phone 24/7 via external website.

Created by Corporate and Community Consultant Louise D'Allura, the WELL Productivity® Professional Support Program has been designed specifically to cultivate Positive People, Productive People, Proactive People and Peak Performance in the workplace.

Happy School founder Steve Francis has negotiated an exclusive agreement with The D'Allura Group Pty Ltd to bring the School Edition into Australian Schools.



School Edition Licensing Fees:
 \$390 + gst up to 10 staff
 \$870 + gst up to 30
 \$1740 + gst up to 60
 \$2290 + gst more than 60



Contact Steve Francis on 0421 705 693 for School Edition - www.happyschool.com.au/well-productivity



WELL Productivity® Professional Support Program

Supporting your staff to be positive, proactive, productive, proactive and operating at peak performance.

Positive		Proactive		Peak Performance	
Session 1: Prioritise <input checked="" type="checkbox"/> Have a sense of direction that generates positive personal momentum at work and at home <input checked="" type="checkbox"/> Identify factors that improve work life balance and job satisfaction <input checked="" type="checkbox"/> Create a Work Well Live Well Manifesto		Session 11: Choice <input checked="" type="checkbox"/> Generate personal momentum for action <input checked="" type="checkbox"/> Apply problem solving skills to initiate changes to their unique situation <input checked="" type="checkbox"/> Recognise opportunities for improvement and select actions		Session 16: Flow <input checked="" type="checkbox"/> Identify high and low energy periods for peak performance <input checked="" type="checkbox"/> Identify strategies for boosting concentration and attention management at work and at home	
Session 2: Prioritise (Part 2) <input checked="" type="checkbox"/> Identify positive practices that fill their resilience bank account <input checked="" type="checkbox"/> Identify the key performance indicators (KPIs) necessary to be successful <input checked="" type="checkbox"/> Improve work life balance and job satisfaction		Session 12: Consistent <input checked="" type="checkbox"/> Identify strengths that cultivate a positive, proactive action-focused mindset <input checked="" type="checkbox"/> Create healthy habits that support making choices in a consistent, planned way		Session 17: Flow (Part 2) <input checked="" type="checkbox"/> Analyse tasks to delegate and the skills needed to match role capabilities <input checked="" type="checkbox"/> Prepare and carry out delegation of a task/ project <input checked="" type="checkbox"/> Apply problem solving skills to delegation challenges	
Session 3: Presence <input checked="" type="checkbox"/> Improve focus and engagement with work tasks <input checked="" type="checkbox"/> Identify distraction triggers that impact workplace performance <input checked="" type="checkbox"/> Identify strategies for boosting concentration and attention management at work and at home		Session 13: Clarity <input checked="" type="checkbox"/> Identify routines to implement at work and at home to make life easier. <input checked="" type="checkbox"/> Apply problem solving skills to initiate changes to their unique situation <input checked="" type="checkbox"/> Improve work life balance and job satisfaction		Session 18: Focus <input checked="" type="checkbox"/> Enhance focus and engagement with work tasks and home tasks <input checked="" type="checkbox"/> Identify distraction triggers that impact focus at work and at home <input checked="" type="checkbox"/> Apply simple mindfulness based strategies when feeling overwhelmed with demands at work or at home	
Session 4: Practices <input checked="" type="checkbox"/> Identify specific practices to increase positivity at work and at home <input checked="" type="checkbox"/> Recognize the benefit of time planning for workplace performance and home life satisfaction		Session 14: Control <input checked="" type="checkbox"/> Gain personal insight and practical skills to support a positive, proactive action-focused mindset <input checked="" type="checkbox"/> Apply problem solving skills <input checked="" type="checkbox"/> Enhance skills in influencing and collaborating with others		Session 19: Fuel <input checked="" type="checkbox"/> Identify simple strategies to improve health, energy and mental performance when feeling overwhelmed with demands at work and at home <input checked="" type="checkbox"/> Improve work life balance and job satisfaction	
Session 5: Perspective <input checked="" type="checkbox"/> Cultivate knowledge and skills to adopt a positive action-focused mindset <input checked="" type="checkbox"/> How to effectively manage and deal with your own emotions <input checked="" type="checkbox"/> Apply simple mindfulness based strategies when feeling overwhelmed		Session 15: Control (Part 2) <input checked="" type="checkbox"/> Understand the difference between a growth mindset and fixed mindset <input checked="" type="checkbox"/> Identify when thinking is triggered into a fixed mindset persona at work and at home		Session 20: Function <input checked="" type="checkbox"/> Identify triggers for Productivity's Triple Threat™ (People Pleading; Perfectionism; Procrastination) <input checked="" type="checkbox"/> Cultivate and enhance skills in being proactive in line with key performance indicators	
Session 6: Discern <input checked="" type="checkbox"/> Proactively identify personal and professional priorities <input checked="" type="checkbox"/> Identify the KPIs necessary to be successful <input checked="" type="checkbox"/> Prioritise an overwhelming to do list, communicate with managers, and ask for help when it's needed		Session 7: Decide <input checked="" type="checkbox"/> Improve work life balance and job satisfaction through scheduling and the use of time-task planning tools <input checked="" type="checkbox"/> Introduce time-task planning model as a weekly process to improve productivity at work and at home			
Session 8: Design <input checked="" type="checkbox"/> Identify strategies for boosting concentration at work and at home <input checked="" type="checkbox"/> Develop an action plan to achieve a better use of space at work and at home <input checked="" type="checkbox"/> Develop an action plan identifying systems to create at work and at home		Session 9: Disconnect <input checked="" type="checkbox"/> Identify distraction triggers that impact upon focus at work and at home <input checked="" type="checkbox"/> Reduce mental clutter <input checked="" type="checkbox"/> Apply simple mindfulness based strategies when feeling overwhelmed with demands at work or at home			
Session 10: Disconnect (Part 2) <input checked="" type="checkbox"/> Encourage a positive culture, where individuals take responsibility for their own performance in meetings <input checked="" type="checkbox"/> Identify strategies to implement as a leader or meeting attendee to support productive meeting outcomes					