

## Manager Certification Syllabus

### 1. Emotional Prosperity

- What
  - Innate listening
  - The power of pause
- Why
- How – cultivation

### 2. Workplace Challenges

- Home comes to work
- Mental health stigma
- Finding support
- Providing support

### 3. Brain Science

- Physiology
- Mind and thought

### 4. Inner Workings of Wellbeing

- Thought-feeling relationship
- Stress and burnout
  - Identify and address
  - Stress assessment
  - Burnout assessment
- Personal care
  - Me first
  - Self-care assessment
- Caring for others
  - Family
  - Others

### 5. Self-Awareness and Influence

- Aware to improve environment
  - Authentic leadership self-assessment
- Ability to lead

### 6. Cultivating Emotional Prosperity

- Psychological safety
- Trust
  - Authenticity
  - Vulnerability
- Compassion and empathy
  - Science
  - Conversations
  - Reflecting
  - Questioning
- Stability and support
  - Open the conversation
  - Understanding signs and symptoms
  - Times of crisis
  - Emotional prosperity guide
- Resources
  - CARE Center
  - Resource library
  - HOPE and NORM

### 7. Practical Applications (ongoing)

- Personal stories
- Expert assessment
- Practical tools
- Practice